



Let's talk about BRAIN HEALTH

Presented by Lauren Miller Rogen

**Grandpa
Marty**

**Grandma
Edie**

Me!!!



My mom, Adele!



The 1st Hilarity for Charity in 2012



**Bruno
Mars!**



**Lots of
funny
people!**



\$300,000!!!

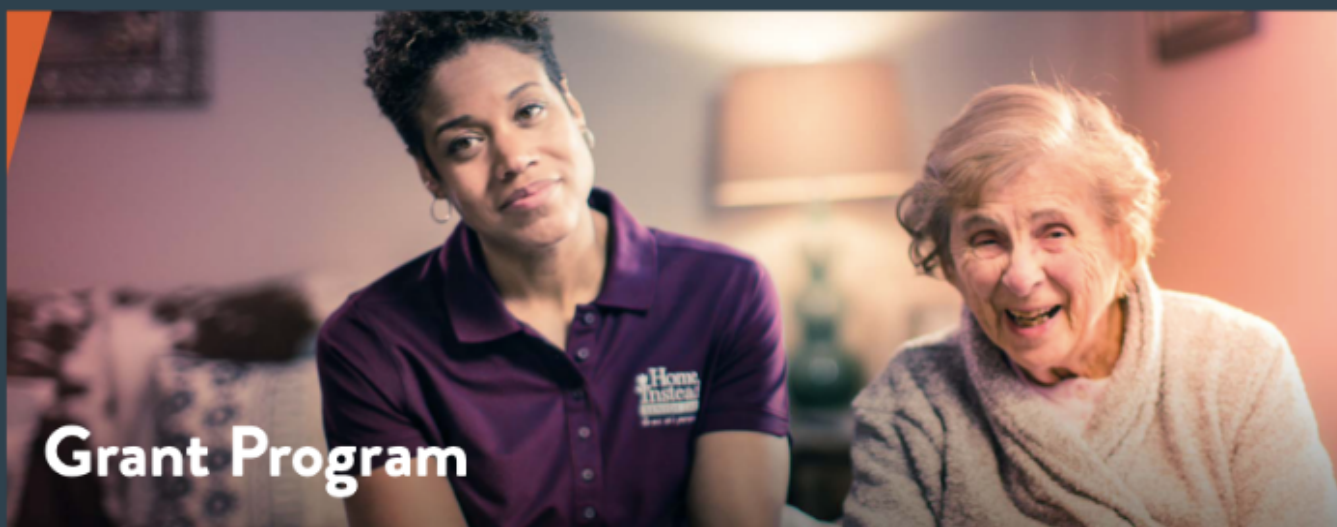


\$12Million in 7 years!

Online Support Groups!



**Over 270,000 hours of
free, at-home care**



Grant Program

**There is no treatment or
intervention which can slow
or cure Alzheimer's Disease.**



ALZHEIMER'S
STARTS IN THE
BRAIN 20-30
YEARS BEFORE
THE 1ST
SYMPTOMS

1 IN 7 PEOPLE
AGED 71 & OVER
WILL HAVE
SOME TYPE OF
DEMENTIA

AFTER THE AGE
OF 85, THERE'S
A 50% CHANCE
OF DEVELOPING
ALZHEIMER'S

WOMEN ARE
MORE LIKELY TO
DEVELOP
ALZHEIMER'S
THAN MEN

BUT THERE'S GOOD NEWS...



**1 out of 3
cases may be
preventable**

IF ONE LIVES A BRAIN HEALTHY
LIFESTYLE

Non-Modifiable Risk Factors:

Age!

Genetic Make Up!

Modifiable Risk Factors:

- **Diet**
- **High Blood Pressure**
- **Lack of Exercise**
- **Poor Sleep**
- **Poor Mental Stimulation**
- **Poor Emotional Well-Being**



SLEEP!

- No screens 2 hours before bed or wear blue light glasses
- keep your bedroom COOL
- Maintain a consistent bedtime
- Use an eyemask
- Use white noise
- Wear a sleep tracker to monitor sleep quality
- Get 1-2 hours deep sleep/night
- Get 1-2 hours REM/night
- Avoid drugs like Ambien and OTC sleep aids

DIET



- Mediterranean Style
- Low Saturated Fat/High Glycemic Index Diet
- Ketogenic
- Caloric Restriction
- DASH
- MIND
- FINGER
- SUGAR IS BAD!!!
- Intermittent Fasting can be great for your brain
- Low Alcohol consumption
- Small amounts of red wine may be beneficial

EXERCISE!!!

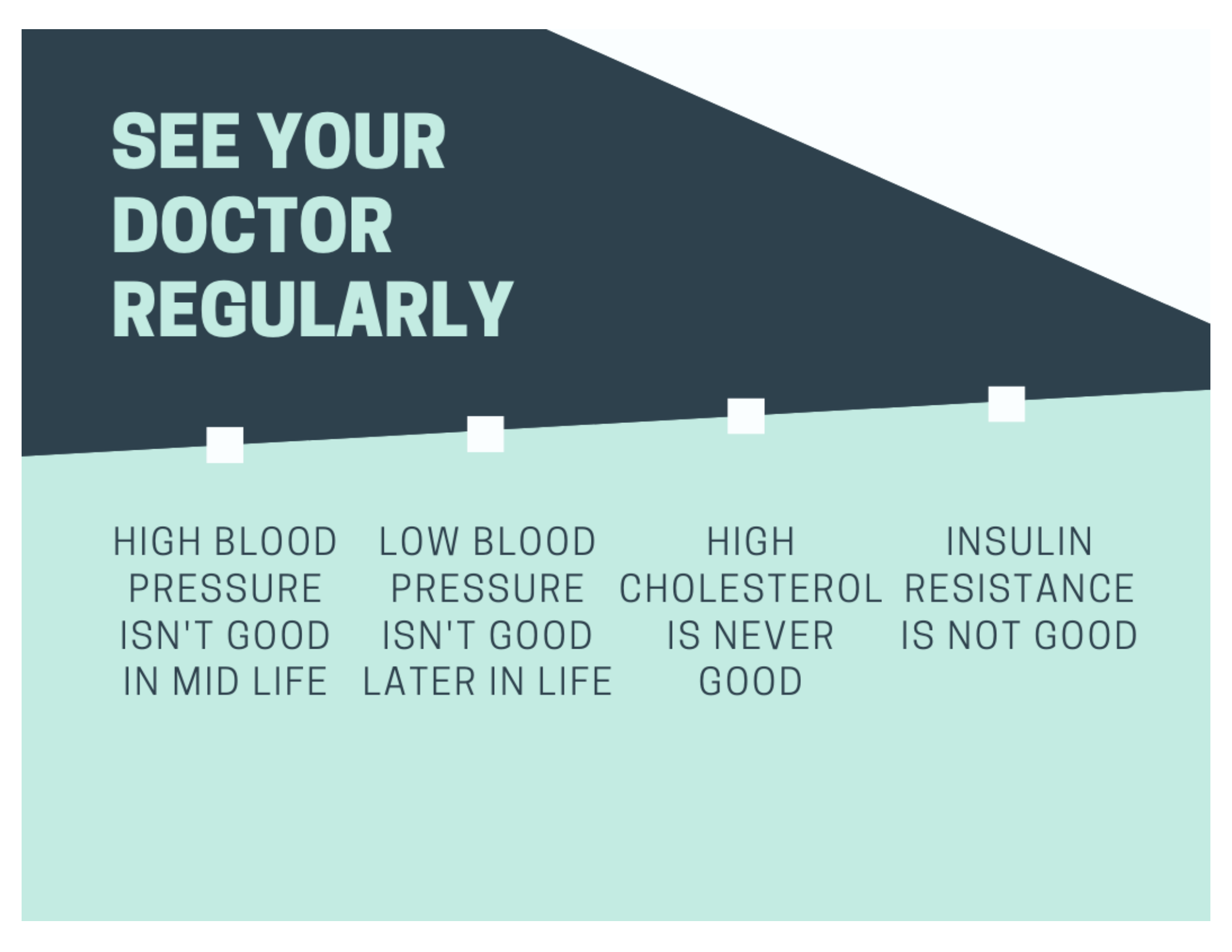


**HIIT OR HIGH
INTENSITY
INTERVAL
TRAINING IS
EXCELLENT FOR
YOUR BRAIN**

Mental Stimulation!



SEE YOUR DOCTOR REGULARLY



HIGH BLOOD
PRESSURE
ISN'T GOOD
IN MID LIFE

LOW BLOOD
PRESSURE
ISN'T GOOD
LATER IN LIFE

HIGH
CHOLESTEROL
IS NEVER
GOOD

INSULIN
RESISTANCE
IS NOT GOOD

SINGLE/MULTI NUTRIENTS

- **OMEGA 3 FATTY ACIDS**
- **DHA>EPA (FISH OIL)**
- **CURCUMIN (TUMERIC ROOT)**
- **FOLIC ACID, B6, B12**
- **VITAMIN D**
- **CAFFEINE/COFFEE**
- **DIETARY ANTIOXIDANTS**
- **COCOA FLAVINOLS**
- **MEDIUM CHAIN
TRIGLYCERIDES**



CHILL OUT!

Brain Health Education



Visit

WWW.ALZU.ORG &

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to learn more