



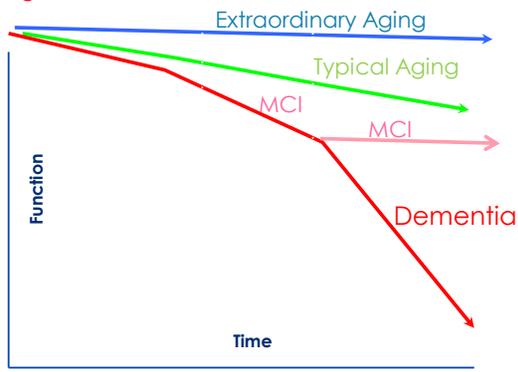
So What's an Aging Brain to Do?

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 Gerontological Conference, April 22, 2016
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 Cognitive Health and Wellness Director, Mayo Clinic Charter House



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Aging = All of Us



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Normal Memory Changes with Age

- Harder to store new memories
- Sensory inputs aren't as sharp – hear, see, taste
- Multi-tasking not as good
- Difficulty filtering
- Slower processing speed

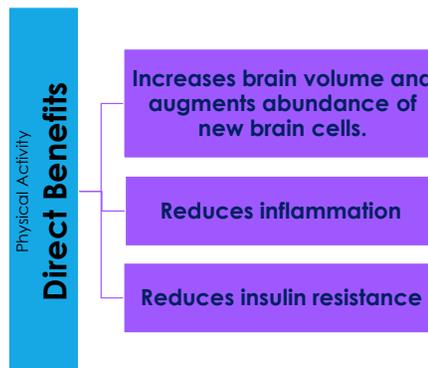


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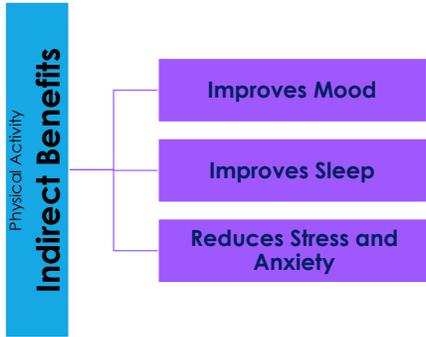
There are no pharmaceutical cures for memory loss or dementia, but researchers say that brain health is highly influenced by our lifestyle behaviors



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Cooper Institute

Those who were physically active at midlife were 36% less likely to show signs of dementia than those who weren't physically active.



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American Academy of Neurology April 2012

- 716 older individuals, no signs of dementia - wore a device called an actigraph on wrist continuously for 10 days. All exercise and non-exercise physical activity was recorded.

Those in the bottom 10 percent of daily physical activity were 2.3 times more likely to develop AD as people in the top 10 percent of daily activity.



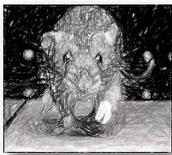
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Mayo Clinic Study of Aging...

- Older adults who regularly engaged in moderate reduced their risk of mild cognitive impairment by 32 percent compared with more sedentary people.



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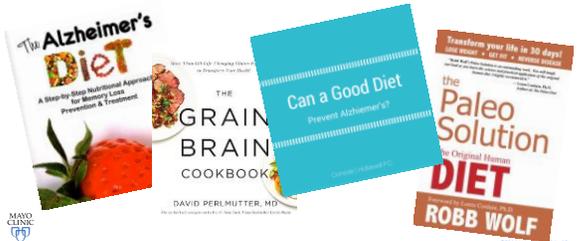


Journal of Physiology March 2016



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Can a Good Diet Prevent Alzheimer's Disease?



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Antioxidants

EAT Plant-based Foods

Spinach
Kale
Broccoli
Brussels sprouts
Asparagus
Avocados

• **Berries**

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EAT Good Fats in Moderation

- Ramp up the Omega 3's
- Salmon
- Flaxseeds
- Chia Seeds
- Walnuts
- Olive Oil
- Eggs



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Home / News / Press Releases / New MIND Diet May Significantly Protect Against Alzheimer's Disease

News **NEW MIND DIET MAY SIGNIFICANTLY PROTECT AGAINST ALZHEIMER'S DISEASE**

News Releases March 16, 2015

Featured News Even moderate adherence shows reduction in incidence of devastating brain disease

Rush in the News By Nancy DiFiore

Contact Media Relations A new diet, appropriately known by the acronym MIND, could significantly lower a person's risk of developing Alzheimer's disease, even if the diet is not meticulously followed, according to a paper published online for subscribers in March in the journal *Alzheimer's & Dementia: The Journal of the Alzheimer's Association*.



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MIND Diet

10 Healthy Food Groups

1. Green leafy vegetables
2. Other vegetables
3. Nuts
4. Berries
5. Beans
6. Whole grains
7. Fish
8. Poultry
9. Olive oil
10. Wine



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Mayo Clinic Study of Aging...

- People 70 and older who eat food high in carbohydrates have nearly four times the risk of developing mild cognitive impairment and the danger also rises with a diet heavy in sugar.



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3 Key Messages for Diet & Brain Health

EAT Plant-based Foods

EAT Good Fats in moderation

STAY AWAY from sugar and processed foods

The best evidence to date suggests:



A brain-healthy diet is one that reduces the risk of heart disease and diabetes.



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TAKE CHARGE what else you CAN do?

• **Pay Attention**

- Avoid multi-tasking
- Stay present
- Talk to yourself



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The Impact of Professionally Conducted Cultural Programs on the Physical Health, Mental Health, and Social Functioning of Older Adults

Gene D. Cohen, MD, PhD,¹ Susan Perlstein, MSW,² Jeff Chapline, MFA,³ Jeanne Kelly, MM,⁴ Kimberly M. Firth, PhD,⁵ and Samuel Simmens, PhD⁶

Purpose: The aim of this study was to measure the impact of professionally conducted community-based cultural programs on the physical health, mental health, and social functioning of older adults. **Methods:** The positive impact of such programs was measured by comparing the physical health, mental health, and social functioning of participants in the intervention group to those in the control group. **Results:** The intervention group reported a trend toward increased physical health, mental health, and social functioning compared to the control group. **Conclusion:** The positive impact of such programs on the physical health, mental health, and social functioning of older adults is promising.



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Mayo Clinic Study of Aging

- 121 people developed mild cognitive impairment.
- Participants who engaged in arts in both middle and old age were less likely to develop MCI than those who did not report engaging in artistic activities.



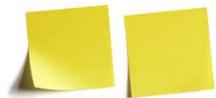
April 8, 2015, online issue of *Neurology*®, the medical journal of the American Academy of Neurology.



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TAKE CHARGE what else you CAN do?

• **Employ Practical Tools**



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TAKE CHARGE

what you CAN do

- Pay Attention
- Retire from Retiring
- Get a Library Card
- Learn a second Language
- Do things that engage several senses
- Employ Practical Memory Strategies for Everyday
- Move Everyday
- Eat Smart
- **So...Do you Remember?**



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Thinking Differently About Dementia

- We have 100 billion Neurons – those with Alzheimer's Disease have billions.
- Many parts of the brain are not affected by the disease.
- Alzheimer's may be incurable, but it's not untreatable.



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Preserved Strengths

- Procedural Memory
- Emotional Memory
- Imagination and Curiosity
- Emotional and Social Needs



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Unlocking Our Potential

When we focus on preserved abilities and strengths we bypass the problem and see potential.



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Strengths of a Mature Mind



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