

Parish Health News – Healthy Brain

There is so much not yet understood about how to keep our brains healthy, but there are many things that are known that we should be paying attention to right now. According to Mayo Clinic there are 5 known things that can keep our brains healthy. As it turns out, managing these 5 things can greatly impact our total health as well.

- * Blood Pressure
- * Cholesterol Levels
- * Obesity
- * Smoking
- * Diabetes

As I am sure most of you know, some of these things can be risk factors for the others, such as obesity increasing your risk for diabetes, etc. Mismanaging one of these issues can cause another one to become a problem. A more positive way to look at it is to realize that controlling one of the 5 can improve management of some of the others.



According to information from the Alzheimer’s Association Research Center, The World Dementia Council agrees that there is sufficiently strong evidence that cognitive decline and dementia can be reduced by regular physical activity and management of cardiovascular risk factors, such as those five listed above. The Alzheimer’s Association also believes there is sufficiently strong evidence to conclude that a healthy diet reduces the risk of dementia. That makes sense as a healthy diet can positively impact most of those 5 issues as well.



Another factor that is being studied to reduce the risk of cognitive decline is lifelong learning and cognitive training. Perhaps learning to play a musical instrument, studying a new subject or playing mentally challenging games can be beneficial. It sure wouldn’t hurt to try. Buy a book. Buy a puzzle. Have fun in some new way!



Our bodies, including our brains, are gifts from God. We need to appreciate those gifts and take the best care of them that we know how. So much of it comes down to diet and exercise. If you are having problems with any of those five factors, please speak with your primary care provider to discuss ways to manage your individual situation. Take charge! You can do this!