



The Real Scoop on Brain Health

September 2, 2014



Today's Webinar

Participants will learn about:

- The National Alzheimer's Plan goals
- An exciting new brain health resource from the Administration on Community Living, Centers for Disease Control and Prevention, and National Institute on Aging
- Healthy aging
- Key factors that influence brain health, memory and learning
- Potential threats to brain health
- Lifestyle behaviors that can help protect brain health



Polling Question: Who has joined us today?

Is your interest in brain health:

- a) for yourself
- b) to help a family member or friend
- c) for clients/professional interest



Presenter: Jane Tilly, DrPH

Jane Tilly, DrPH

Team Leader for Brain Health and Dementia Activities
Agency for Community Living (ACL),
Administration on Aging (AoA),
Department of Health and Human Services (HHS)



Presenter: David B. Rueben, M.D.

David Reuben, MD

Director, Geriatrics Medicine and Gerontology

Chief, Division of Geriatrics

- University of California, Los Angeles (UCLA) Center for Health Sciences.





New Brain Health Resource

Jane Tilly, DrPH
Team Lead, Brain Health and Dementia
Administration for Community Living/Administration on Aging

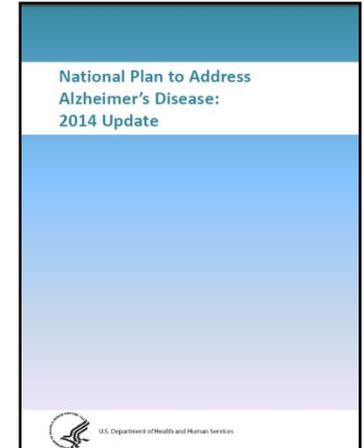
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National Alzheimer's Project Act

Requires the Secretary of the U.S. Department of Health and Human Services (HHS) to:

- Create a national plan to overcome Alzheimer's disease
- Coordinate research and services across federal agencies
- Speed up development of treatments for the disease
- Improve care
- Improve outcomes for people at high risk





National Alzheimer's Plan Goals

1. Prevent and effectively treat Alzheimer's disease by 2025
 2. Optimize care quality and efficiency
 3. Expand supports for people with Alzheimer's disease and their families
 4. Enhance public awareness and engagement
 5. Track progress and drive improvement
- 

Brain Health As You Age

New resource that:

- Helps people learn how to reduce risks that may be related to brain health
- Contains information from current research that DHHS science agencies supplied; this evidence varies in strength
- Uses plain language



Brain Health As You Age – 4 parts

- Power point
 - Educator guide
 - Consumer fact sheet
 - Consumer resource
- 

Brain Health As You Age – fact sheet

Brain Health As You Age: You Can Make a Difference!



We all want to stay healthy and independent as we get older. Along with keeping our bodies in good shape, we want to keep our minds healthy, too.

Developing a brain disease or injury as you age depends on a mix of your family's genes, your environment, and your health choices.

Diseases and conditions that affect brain health include:

- Genetic makeup
- Certain medicines, smoking and excessive alcohol
- Health problems like diabetes and heart disease
- Diseases like depression and Alzheimer's
- Brain injury
- Poor diet, insufficient sleep, lack of physical and social activity

Some risks to brain health cannot be controlled or prevented, like your genes. Others, like health choices, are under your control. For example, you can:

- Take care of your health
- Eat a healthy diet
- Drink alcohol moderately, if at all
- Get active and stay active
- Sleep 7-8 hours each night
- Learn new things
- Connect with your family, friends, and communities



Provides information about risk factors & free resources

Brain Health As You Age: You Can Make a Difference!



Your doctor or health care provider can provide information to you about taking care of your health, and there are a number of resources on the Internet and at libraries on healthy choices in diet, exercise, and social activities.

Resources

For more information on local programs and resources about health and aging, you can contact your local Area Agency on Aging (AAA) by calling 1-800-677-1116 or visiting the Website <http://www.eldercare.gov>

You can also check out the following user-friendly resources:

<http://www.nih.gov>

The Website of the National Institutes of Health has information on prevention and treatment for many conditions and disorders related to brain health. It's National Institute on Aging focuses on a variety of age-related health conditions and ways to lead a healthier life as you grow older, at <http://www.nia.nih.gov>. To find out about participating in research studies, visit <http://www.clinicaltrials.gov>.

<http://www.cdc.gov/aging/aginginfo/index.htm>

This Website from the Centers for Disease Control and Prevention has links to a wide variety of healthy aging topics of interest to older adults.



Brain Health As You Age

“Key Facts and Resources”

Brain Health As You Age:

Key Facts and Resources



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- Covers 20 topics
 - A (Alcohol) to S (Stroke)
- Background information about the topic
 - 1-2 pages
- Select Free Resources
 - Web links

Brain Health As You Age

- Resource available at:
www.acl.gov/Get_Help/BrainHealth/Index.aspx
- Questions? Contact jane.tilly@acl.hhs.gov

Brain Health As You Age: You Can Make a Difference!

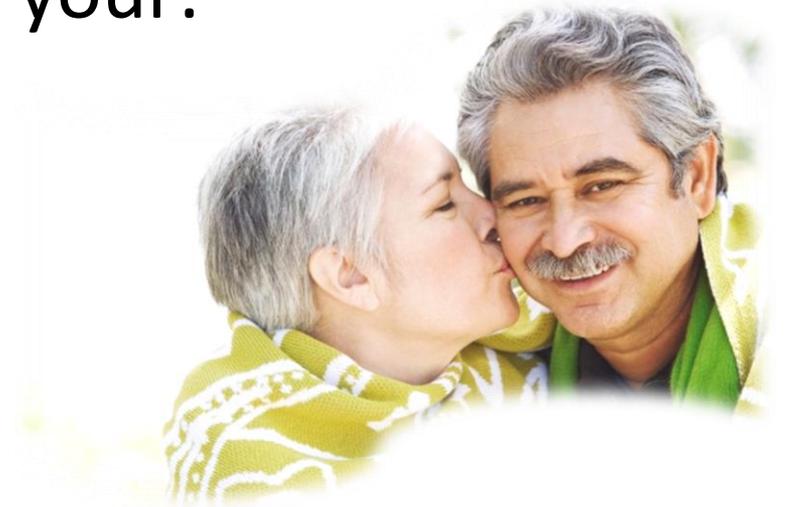


A presentation by:



Aging and Health

- Aging well depends on your:
 - Genes
 - Environment
 - Lifestyle
- Healthy lifestyle choices may help you maintain a healthy body and brain



Age-Related Changes in Memory and Learning

You may find:

- Increased difficulty finding words
- More problems in multi-tasking
- Mild decreases in ability to pay attention



You can still:

- Learn new things
- Create new memories
- Improve vocabulary and language skills

Possible Risks or Threats to Brain Health

- Some medicines, or improper use of them
- Smoking
- Excessive use of alcohol
- Heart disease, diabetes, and other health problems
- Poor diet
- Insufficient sleep
- Lack of physical activity
- Little social activity and being alone most of the time

Medicines and Brain Health

Some medicines – and combinations of them – can affect your thinking and the way your brain works.



Talk with your health care provider about the drugs you take and possible side effects on memory, sleep and brain function.

Smoking and Brain Health

- Benefits of quitting smoking at any age:
 - Lower risk of heart attacks, stroke, and lung disease
 - Better blood circulation
 - Not exposing others to second-hand smoke

There are free resources available to help you quit smoking.



Alcohol's Effect on Brain Health

- Slow or impaired communication among brain cells, even with moderate use
- Poor driving, slurred speech, fuzzy memory, drowsiness, dizziness
- Long-term changes to balance, memory and emotions, coordination, and body temperature



Staying away from alcohol can reverse some changes.

Some medicines can be dangerous when mixed with alcohol.

Common Conditions that Affect Brain Health

- Heart disease, high blood pressure
- Diabetes
- Alzheimer's disease
- Stroke
- Traumatic brain injury
- Depression
- Sleep problems

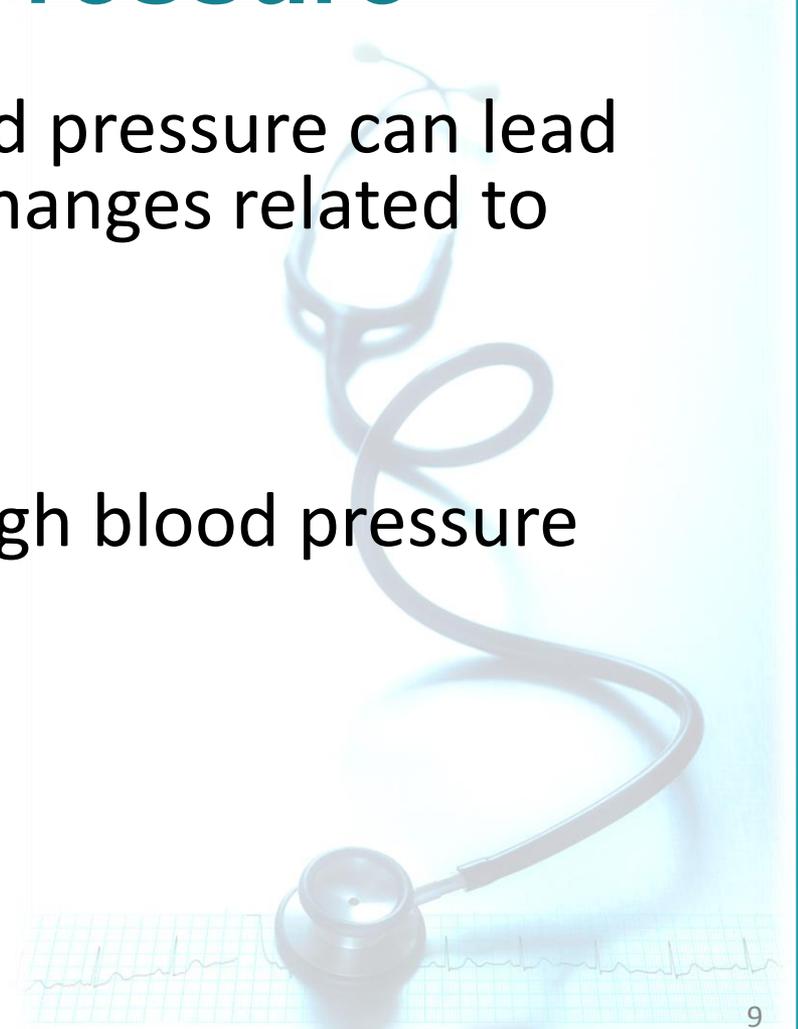


Heart Disease and High Blood Pressure

Heart disease and high blood pressure can lead to stroke and blood vessel changes related to dementia.

How to reduce risk:

- Control cholesterol and high blood pressure
- Exercise
- Eat healthy foods
- Quit smoking
- Limit use of alcohol



Diabetes

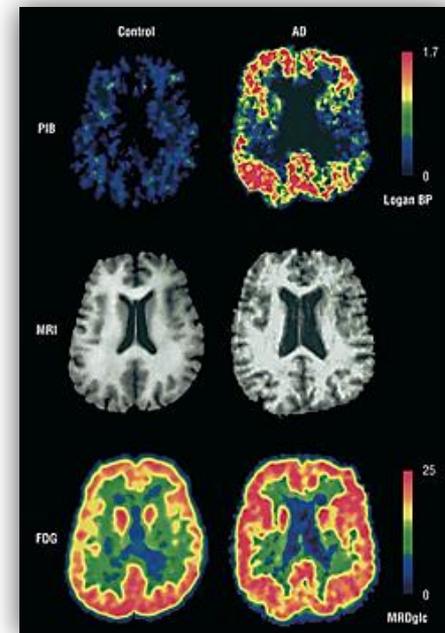
- Damages blood vessels throughout your body, including your brain
- Increases risk for stroke and heart attack
- May increase risk for memory problems and Alzheimer's disease
- Maintaining a healthy weight through physical activity and healthy eating can prevent or control diabetes

Talk with your health care provider about the combination of lifestyle and medicine that works for you.

Alzheimer's Disease

Alzheimer's is a buildup of harmful proteins in the brain, the death of brain cells, and loss of connections among them.

- Known risks:
 - Age
 - Genes, in some people
 - Head injury
- Suspected risks:
 - Heart disease
 - High blood pressure at mid-life
 - Lack of physical activity
 - Depression
 - Diabetes



Alzheimer's Disease

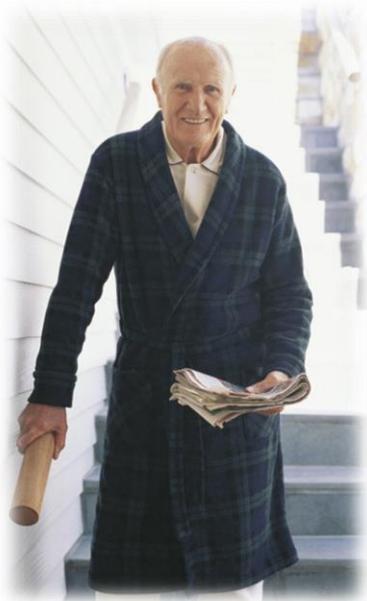
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- Some therapies can treat Alzheimer's symptoms. They do not slow down the disease's changes in the brain.
- Some approaches show promise in reducing risk of cognitive decline or Alzheimer's, but need more testing:
 - Exercise
 - Healthy diet
 - Controlling high blood pressure, heart disease, diabetes
 - Cognitive "brain" training

Brain Injury

- Older adults are at higher risk of falling and other accidents that can cause brain injury

How to reduce risk:



- Exercise to improve balance and coordination
- Take a fall prevention class
- Make your home safer
- Review medicines and vision with your health care provider
- Wear safety belts and helmets
- Get enough sleep

Depression

- Feelings of sadness or loss of interest in favored activities that last for weeks at a time
- Not a normal part of aging
- Some medicines can cause depression
- Confusion or attention problems caused by depression can sometimes look like dementia
- Treatment can involve therapy and medicine



Sleep Apnea

- Short pauses in breathing while sleeping
- Can lead to injury, high blood pressure, stroke, or memory loss, all of which can affect brain health
- Treatment begins with lifestyle changes, such as avoiding alcohol, losing weight, and quitting smoking
- Use of special devices, ordered by your doctor, may also help

So, What Can You Do to Protect Brain Health?

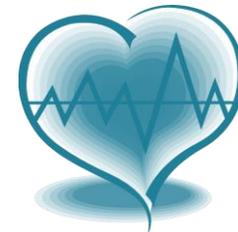
Actions that may help:

- Take care of your health
- Eat healthy foods
- Be active
- Learn new things
- Connect with family, friends, and communities



Take Care of Your Health

- Get recommended health screenings
- Manage health problems like diabetes, high blood pressure, and high cholesterol
- Consult with your health care provider to make sure your medicines are right for you
- Reduce risk for brain injuries due to falls, and other types of accidents
- Quit smoking



Eat Healthily

- Fruits and vegetables
- Whole grains
- Lean meats, fish, poultry
- Low-fat or non-fat dairy products
- Less solid fat, sugar and salt
- Proper portion sizes
- Adequate fluids



Look into healthy meal programs, like those provided by your Area Agency on Aging.

Get Moving

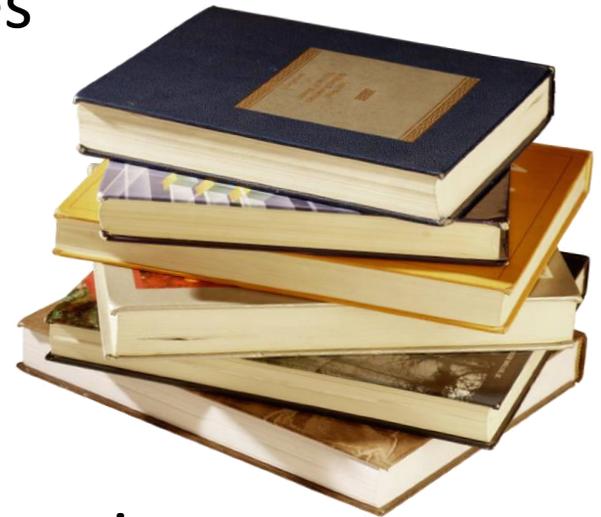
- Physical activity may:



- Reduce risks of diabetes, heart disease, depression, and stroke
 - Prevent falls
 - Improve connections among brain cells
- Get at least 150 minutes of exercise each week. Move about 30 minutes on most days. Walking is a good start.
 - Join programs that can help you learn to move safely.
 - Check with your health care provider if you haven't been active and want to start a vigorous exercise program.

Keep Your Mind Active

- Do mentally stimulating activities
- Read books and magazines
- Play games
- Learn new things
- Take or teach a class
- Be social through work or volunteering



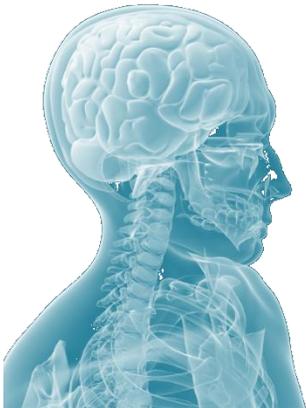
Clinical trials have not proven that these types of activities will prevent Alzheimer's disease, but they can be fun.

Stay Connected

- People who have meaningful activities, like volunteering, say they feel happier and healthier
- Social activities are linked to reduced risk for some health problems, including dementia
- Join in social and other programs through your Area Agency on Aging, Senior Center, or other community organizations

What Can You Do Today?

- Pick one thing you can do that may help your brain
- Think of small, first steps such as:
 - Taking a 10-minute walk a few times a week
 - Adding one serving of vegetables each day
 - Making an appointment for health screenings or a physical exam
- Write down what you will do and when
- Get support from family, friends, or community groups!



For More Information

- Community Programs:
 - Contact a local Area Agency on Aging (AAA)
 - Contact a local Aging & Disability Resource Center (ADRC)
 - Or, go to <http://eldercare.gov/>

- National Institutes of Health: <http://nih.gov>

- National Institute on Aging at NIH: <http://nia.nih.gov>

- ClinicalTrials.gov, a service of NIH: <http://clinicaltrials.gov>

- Centers for Disease Control and Prevention:
 - <http://www.cdc.gov/aging>
 - <http://www.cdc.gov/physicalactivity>

Questions and Comments

Please enter questions using the chat feature



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Webinar recording will be available in late September:

easterseals.com/brainwebinar

