

BRAIN HEALTH RISKS

STRESS

Relax the mind and avoid daily stressors.²



TRAUMATIC BRAIN INJURY & HEAD TRAUMA

Protect your head from injuries and trauma.^{1,2}



INADEQUATE SLEEP

Rest well and aim for 7-9 hours per night. Talk to a healthcare professional about your sleep & reach out for support.²



COGNITIVE INACTIVITY

Continuously engage in exercises that are new, novel, & challenging.²



LESS EDUCATION

Receive as much education as possible in early life^{1,2} & be a lifelong learner.²



HEART HEALTH

Maintain good heart health and avoid cardiovascular disease such as atherosclerosis.² Monitor stroke history.²



HYPERTENSION

Monitor blood pressure and avoid hypertension.^{1,2}



OBESITY

Maintain a healthy weight.^{1,2} Obesity is dangerous for brain health and linked to many poorer overall health outcomes including cognitive performance.



DEPRESSION

Monitor your mood and make mental health a priority. Reach out to a healthcare provider if your mood is low.^{1,2}



HEARING LOSS

Protect your ears from loud noise exposure and use hearing aids when appropriate.¹



DIABETES

Manage diabetes and monitor excessive sugar intake.¹ There is no nutritional need that is derived from consuming sugar.



SMOKING & ALCOHOL

Do not smoke^{1,2} and limit alcohol consumption to <21 units per week.¹



PHYSICAL INACTIVITY

Engage in an ongoing exercise routine.^{1,2} Aim for 150 minutes of moderately intense exercise per week.



BRAIN



BODY



ENVIRONMENT



AIR POLLUTION

Reduce exposure to air pollution.¹



SECOND HAND SMOKE

Avoid or reduce exposure to second hand smoke.^{1,2}



SOCIAL ISOLATION

Stay connected to others.¹ Being socially isolated and lonely is as detrimental to one's health as smoking 15 cigarettes per day.³

References:

1. Livingston, G., Huntley, J., Sommerlad, A., Ames, D., Ballard, C., Banerjee, S., ... Mukadam, N. (2020), August 8). Dementia prevention, intervention, and care: 2020 report of the Lancet Commission. The Lancet Commissions, 396(10248), 413-446.

2. Yu, J. T., Xu, W., Tan, C. C., Andrieu, S., Suckling, J., Evangelou, E., ... Vellas, B. (2020). Evidence-based prevention of Alzheimer's disease: Systematic review and meta-analysis of 243 observational prospective studies and 153 randomised controlled trials. Journal of neurology, neurosurgery, and psychiatry, 91(11), 1201-1209.

3. Holt-Lunstad, J. (2017). The potential public health relevance of social isolation and loneliness: Prevalence, epidemiology, and risk factors. Public Policy & Aging Report, 27(4), 127-130.



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