



HHS EMPHASIZES HEALTHY AGING TO DELAY ALZHEIMER’S & DEMENTIA

The Department of Health and Human Services (HHS) released the annual update to its [National Plan to Address Alzheimer’s Disease](#) in late December and, for the first time, included a new goal to promote healthy aging and reduce the risks that may contribute to the onset of Alzheimer’s disease and related dementias.

Although these diseases cannot yet be prevented, there is growing evidence that addressing certain risk factors for dementia, such as high blood pressure, physical inactivity, and chronic medical conditions such as diabetes and depression, may lower the chances of developing the disease or delay its onset.

An estimated 6 million Americans have Alzheimer’s disease or a related type of dementia. That number is expected to more than double by 2060 due to the aging of the baby boomer generation, making dementia a major public health issue as well as a challenge for the health care system and the economy.

Click [here](#) to read more.

Learn more about brain health research at our website, ncbrainhealth.org

AGE MY WAY IN MAY!



AGE MY WAY: MAY 2022

May is Older Americans Month! This year’s theme, [Age My Way](#), focuses on ways older adults can live independently and choose how to participate in their communities.

While growing older is the strongest risk factor for developing Alzheimer’s disease, you have made a positive choice to learn more about brain health and current research by joining the Registry. We encourage you to share the information you learn with others and consider taking part in a study.

Together we can improve brain health and defeat dementia!

MENTAL DISORDERS LINKED TO HIGHER RISK OF DEMENTIA

Mental disorders early in life increase the risk for dementia and for developing dementia at a younger age, according to a study funded in part by the National Institute on Aging (NIA) and published in [JAMA Psychiatry](#). Analyzing the health care records of 1.7 million New Zealand citizens over three decades, researchers saw these associations for different psychiatric conditions, and for all types of dementia, including Alzheimer's disease. If these associations are causal, these findings suggest that early interventions to treat mental disorders, such as anxiety or addictive behavior, would not only improve the mental health of younger adults but may also reduce the risk of dementia later in life.



Photo Source: NIA.NIH.gov

Several studies have identified depression as a preventable risk factor associated with dementia. However, less is known about the effects of other mental disorders on dementia risk. You can read more about the research findings by visiting the NIA website [here](#).

DID YOU KNOW?

The [Duke Dementia Family Support Program](#) has a wide range of support groups for both caregivers and those experiencing cognitive change. The best part is that most sessions are offered virtually and are available online via Zoom to anyone anywhere.

If you have not previously participated in a support group, but are interested in joining, you can find more information about the groups and who to contact [here](#).

HELPFUL RESOURCES

Caregiving can be rewarding, but it can also be stressful. Nurse and dementia trainer, Melanie Bunn, discusses how stress affects the brain and provides alternatives that caregivers can implement to lower their own stress as well as those they care for. Watch the video [here](#). Produced by Dementia Alliance of NC.

TIPS TO STAY ACTIVE AS YOU AGE

There are many things you can do to help boost your health as you age, including making [healthy food choices](#) and not smoking. But did you know that participating in social and other types of activities you enjoy can also help support healthy aging?

The National Institute on Aging (NIA) has information and tips to help you find and incorporate activities you love [here](#).



UPCOMING EVENTS

Warning Signs of Alzheimer's

June 30, 6:00 – 7:00 p.m. EST via Zoom

Dr. Marianne Chanti-Ketterl will share how to recognize common signs of the disease, how to approach someone about memory concerns, the importance of early detection, benefits of diagnosis, possible tests and assessments for the diagnostic process, and resources. Presented by Wake County Libraries, the Alzheimer's Association, and the NC Registry for Brain Health

[Learn more or register now.](#)

Six Steps to Managing Alzheimer's Disease and Dementia

June 23, 2:00 – 3:30 p.m. via Zoom

Speaker: Dr. Andrew Budson

Join us for a presentation with Dr. Budson based on his award-winning Book, "Six Steps to Managing Alzheimer's Disease and Dementia." Hosted by MemoryCare

[Learn more or register now.](#)



MemoryCare Caregiver College

July 7 – Aug 11, Thursdays, 2:00 – 5:00 p.m.
via Zoom

Speaker: MemoryCare Physicians, Caregiving Specialists, and Elderlaw Attorney

A series of six lectures will be provided for caregivers of persons with memory disorders. Sessions are designed to improve caregiver understanding of different aspects of dementia care.

[Learn more or register now.](#)

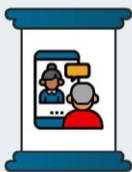
TOOLS YOU CAN USE



CHOOSE Brain-Healthy Habits

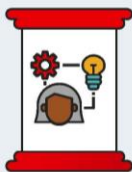
Simple choices can benefit your brain

Six Pillars of Brain Health



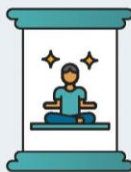
Be Social

Keep in touch with friends & family, don't let yourself get isolated.



Engage Your Brain

Find ways to stimulate your thinking, explore new interests and hobbies.



Manage Stress

Practice relaxation, adopt a stable daily schedule.



Ongoing Exercise

Move throughout the day, target 2½ hours a week of moderate physical activity.



Restorative Sleep

Get 7–8 hours of restful sleep every day.



Eat Right

Choose a nutritious, heart-healthy diet of fish, veggies, and fruits.

Tips to adopt the Six Pillars:

- ✓ Set a goal, identify a specific action you want to take.
- ✓ Be realistic about the goals you choose.
- ✓ Take a step-by-step, gradual approach.
- ✓ Find something fun; choose what you enjoy.
- ✓ Re-purpose some of your free time.
- ✓ Rethink your environment to reduce temptations.
- ✓ Celebrate the wins.
- ✓ Learn from the setbacks.
- ✓ Involve friends or family with common goals.
- ✓ Pick a good time to start.

Learn more about the Six Pillars: GlobalCouncilonBrainHealth.org

How to Sustain Brain Healthy Behaviors: Applying Lessons of Public Health and Science to Drive Change
Contact: GCBH@aarp.org | For more brain health tips see StayingSharp.org | DOI: <https://doi.org/10.26419/pia.00106.002>



Global Council on
Brain Health
A COLLABORATIVE FROM **AARP**

For more information, please visit us at www.ncbrainhealth.org



NC Registry for Brain Health