



June: Alzheimer's and Brain Awareness Month

This June is Alzheimer's and Brain Awareness month, making it an excellent time to become more aware and knowledgeable about Alzheimer's and Brain Health. Maybe you have a friend or family member with Alzheimer's, or have only heard the term used before. Regardless, of your personal experience and knowledge it is important to know the true definition and facts about Alzheimer's, so that you are not confused by common misconceptions.

What is Alzheimer's? Alzheimer's is a general term for memory loss and other cognitive degeneration that interferes with daily life. It accounts for 60-80% of all dementia cases with the difference of being a progressive disease, and not purely memory loss due to normal aging. Those with Alzheimer's live an average of eight years after displaying noticeable symptoms, making it the sixth leading cause of death in the United States (www.alz.org).

How to Prevent: Even though the majority of research points back to genetics and family history as being the main cause of Alzheimer's, striving to implement healthy aging strategies and maintaining brain health are both critical in preventing Alzheimer's. These strategies include eating a healthy diet, staying socially active, avoiding tobacco and excess alcohol, and exercising both the mind and body!

How can you make an impact? It is beneficial to simply be aware of what Alzheimer's is, and how it can drastically affect someone's own life as well as those around that individual. Support those with Alzheimer's, volunteer or become a caregiver, or even donate to help further the research surrounding Alzheimer's.

Health Tip:

Recognizing the signs and symptoms that accompany the initial stages of Alzheimer's are important to know so that it can be detected and hopefully slow down the progression through lifestyle changes and medication. Here are the 10 most common signs that someone might experience:

1. Memory loss that disrupts daily life
2. Challenges in planning or solving problems
3. Difficulty completing familiar tasks at home
4. Confusion with time and place
5. Trouble understanding visual images and spatial relationships
6. New problems with words in speaking or writing
7. Misplacing things and losing the ability to retrace steps
8. Decreased or poor judgment
9. Withdrawal from work or social activities
10. Changes in mood and personality



Exercise of the Month

The Alzheimer's Research and Prevention Foundation neurologists report that, "Mental exercise can reduce your chance of developing Alzheimer's disease by up to 70%!" Simply incorporate any of the brain exercises listed below for at least 20 minutes, three times a week.

- Crossword Puzzles
- Reading
- Writing
- Playing Board Games
- Gardening
- Memory Exercises
- Sudoku
- Yoga
- Physical Activity
- Painting
- Playing cards
- Learning another language



Recipe of the Month

Turmeric Smoothie

This Turmeric Smoothie incorporates a variety of natural ingredients, which have been proven, as well as are currently being researched for their impact on dementia, brain health and inflammation.

Ingredients

- 1 cup coconut or almond milk
- ½ cup frozen mango chunks
- 1 fresh or frozen banana
- 1 tablespoon coconut oil
- ½ – 1 teaspoon turmeric powder or use fresh turmeric
- ½ teaspoon cinnamon
- ½ teaspoon ginger
- A dash of sea salt
- A little honey or maple syrup to sweeten (optional)
- ¼ to ½ teaspoon of black pepper (optional but helps with the absorption of the turmeric)
- Sprinkle some turmeric powder on top, and serve

This is a good base recipe. So feel free to let your imagination run wild and create your own variations!



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