



Caregiver Fact Sheet

Keeping Your Brain Healthy and Reducing Dementia Risk

There are a lot of things we can do to keep our brains healthy--and reduce risk of developing dementia—as we grow older. They include:

- Get regular physical activity. Aim for 150 minutes of moderate activity (like walking) each week. It helps your brain increase blood flow, reduce inflammation, and grow new neurons.
- Eat a healthy diet that includes plenty of fruits, vegetables, whole grains, lean proteins, and healthy fats. Limit sugar, salt, and solid fat.
- Get at least seven hours' sleep each night, to give your brain a chance to rest and repair. Stay away from heavy meals, caffeine, and alcohol close to bedtime. Talk to your doctor if you don't feel rested when you start your day.
- Learn something new. You'll help your brain create new pathways and impress yourself in the process!
- Manage stress. Meditation, deep breathing, physical activity, and talking to others can help reduce stress.
- Control on-going health conditions like high blood pressure and diabetes.
- Have your doctor or pharmacist review all of your medications, both prescribed and over the counter, to make sure they're not interfering with each other.
- Stay connected with friends and family. Social connections give us emotional support, reduce stress, and keep our brains active.
- Limit alcohol. Too much alcohol can affect memory, balance, and emotions.
- Kick the habit. Stopping smoking helps your brain get more oxygen and work better.

You can get more information about dementia and related resources at:

- <https://www.dshs.texas.gov/alzheimers-disease>
- [NCTCOG - Resources for People with Memory Loss & Family Caregivers](#)
- [NCTCOG - Training to Understand Dementia & Provide Better Care](#)



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