



BRAIN HEALTH

Brain Awareness Week March 11-17 2019

BrainAwareness Week (BAW) is the global campaign to increase public awareness of the progress and benefits of brain research. It is an opportunity to let people know about the progress that is being done in brain research as well as progress in the diagnosis, treatment and prevention of disorders of the brain, such as Alzheimer's, Parkinson's, stroke, schizophrenia and depression.



The Healthy Brain Program, an initiative of the Brain Foundation, aims to assist Australians to keep their brains healthy into old age, through the provision of community education and research.

The program aims to address issues such as:

- People are living longer, and the prevalence of degenerative brain disorders is increasing.
- There is little information available about how to keep the brain healthy compared to the wealth of information about a healthy body and heart.
- There is a need for a coordinated approach to education on key indicators and risk reduction strategies.



Do You Train Your Brain?

Exercise and challenge your brain – don't be a couch potato.

- Nourish your brain with:
 - A healthy diet
 - Drink alcohol in moderation
 - Enjoy physical activity
- Make "safety first" a priority – wear a helmet, drive safely, take any head injury seriously
- Learn to manage stress and depression
- Relax and sleep well
- Have regular checks for blood pressure, diabetes, heart rate, cholesterol
- Do not smoke or use illegal drugs

“Challenging the brain creates new pathways that appear to become alternate routes when neurones die off in middle and old age.”

Resources:

Books

Valenzuela M. "It's Never too Late to Change Your Mind – the latest medical thinking on what you can do to avoid dementia" February 2009 (ABC Books).

Valenzuela M. "Maintain Your Brain" July 2011 (ABC Books).

Nussbaum PD. "Save Your Brain: The 5 Things You Must Do to Keep Your Mind Young and Sharp" 2010

Apps

Lumosity
CogniFit Brain Fitness
Personal Zen
Happify

