

HEALTH TIP

MARCH

BRAIN HEALTH

2017



The brain is an incredible organ. It is made up of many different parts, all of which work together to keep you alive and allow you to involve yourself in, and make sense of, the world around you. Brain Cancer Awareness Week (March 13th - 19th) is a global campaign to increase public awareness of the progress and benefits of brain cancer research, and is a great opportunity to think about the health of your most vital organ.

5 Steps to Keep Your Brain Healthy

Keeping your brain healthy is essential for living a fulfilling, healthy and long life, but you don't necessarily need to start doing expensive brain training programs. The following simple measures can be done in your everyday life.

1. Look after your heart

Diabetes, high cholesterol and high blood pressure can damage the blood vessels in the brain, affecting brain function and thinking skills.

2. Be physically active

Regular physical activity is associated with better brain function and reduced risk of cognitive decline and dementia.

3. Mentally challenge your brain

New activities help to build new brain cells - learn a language, take up a new sport or hobby or do a course in something you've always wanted to do.

4. Have a healthy diet

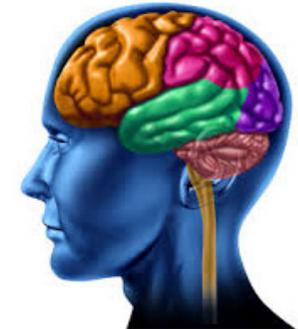
A healthy, balanced diet low in saturated and trans fats and rich in healthy fats may help in maintaining brain health and functionality.

5. Enjoy social activity

It's important to be social with people whose company you enjoy and in ways that interest you.

Brain Cancer Facts

Brain cancer kills more people under 40 in Australia than any other cancer.



Brain cancer survival rates have barely increased in the last 30 years



Prostate



Cancer



Bowel



Breast



Brain

Brain cancer costs more per patient than any other cancer because it is highly debilitating, affects people in their prime and often means family members cannot work if they become carers.



<http://www.curebraincancer.org.au>

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