BRAIN HEALTH

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: 35%
- Cancer: 20%
- Bowel: 19%
- Breast: 18%
- Brain: 2%

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