

It's never too late to start living a brain-healthy life!

Based on an extensive review of epidemiological studies and animal research*, the Institute of Medicine recommends four steps to keep your brain working well as you grow older:



Stay physically active-exercise regularly

Reduce vascular risk factors (like high blood pressure and cholesterol) with good diet, healthy lifestyle, and medication when necessary



Talk to your doctor about diseases and drugs that may impair brain function



Keep your brain lively with social and intellectual activity, and adequate sleep



Successful Aging & Your Brain

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*Summarized in the IOM's 2015 report, *Cognitive Aging: Progress in Understanding and Opportunities for Action* (The National Academies Press, Washington, D.C.)