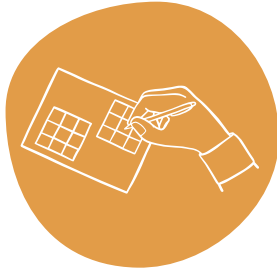


LET'S TAKE CARE OF YOUR BRAIN HEALTH!



BRAIN EXERCISE

Try to do 90-120 minutes of brain exercises each day.



MIND DIET

Consider adding the following foods to your diet: nuts, olive oil, poultry, berries, fish, whole grains, beans, wine, and vegetables.



PHYSICAL EXERCISE

Try to exercise at least 15-30 minutes each day at moderate intensity.



SOCIALIZING

Try to attend 2 social events weekly. These events should be 1-3 hours in length and should include at least 5 other people.



EMOTIONAL WELLNESS

Consider practicing mindfulness: noticing your thoughts and emotions as they pass through your mind.



WHAT IS THE MIND DIET?

MIND stands for Mediterranean-DASH intervention for Neurodegenerative Delay. It is similar to two other healthy meal plans: DASH and the Mediterranean diet.

The MIND approach “specifically includes foods and nutrients that medical literature and data show to be good for brain health,” says Martha Clara Morris, ScD, director of nutrition and nutritional epidemiology at Rush University Medical Center.

EAT FOODS FROM THESE 10 FOOD GROUPS:

- Green leafy vegetables: 6 servings per week
- Nuts: 5 servings per week
- Berries: 2 of more servings per week
- Beans: At least 3 servings per week
- Whole grains: 3 or more servings per week
- Fish: 1 serving per week
- Poultry (chicken or turkey): 2 servings per week
- Olive Oil: Use as your main cooking oil

AVOID THESE FOODS / FOOD GROUPS:

- Red meat: Eat less than 4 servings per week
- Butter / margarine: Less than 1 tablespoon per day
- Cheese: Less than 1 serving per week
- Pastries / sweets: Less than 5 servings per week
- Fried or fast food: Less than 1 serving per week

One study demonstrated that people who stuck to the MIND diet lowered their risks of Alzheimer’s disease by 54%. Researchers found that adults who followed the diet only part of the time still cut their risk of disease by 35%. Individuals who followed the DASH and Mediterranean diets “moderately” had almost no drop in their Alzheimer’s risk, Morris says. Scientists need to do more research on the MIND approach, but what a promising start!

ARE READY TO FOLLOW THE MIND DIET? JUST FOLLOW THESE EXTRA STEPS:

- Keep portion size in check
- Watch how food is prepared (sauces, breading, oils and sugar can add extra calories)
- Drink plenty of water
- Exercise regularly
- Make sure to manage stress



BRAIN EXERCISES THAT YOU CAN TRY

- 1** Puzzles: word puzzles, crossword puzzles, jigsaw puzzles, word scrambles, SUDOKU, and / or word searches.
- 2** Lumosity: Online brain games that gradually get more challenging as you progress. www.lumosity.com does require monthly fee after free trail.
- 3** Reading exercises: Reading is a wonderful activity. To make reading a brain exercise, do the following: read from the bottom right of the page to the left. It will not make sense, but it will require your brain to focus more on the words you are reading rather than having our brain read for content. Start with reading a few sentences and work up to reading the whole page from right to left starting at the bottom.
- 4** Do the opposite: Start using your opposite hand for routine activities: brushing your teeth, combing your hair, or dialing the phone.
- 5** Learn something new: learn a new word of the day and try to use it in a sentence, learn a new hobby, or learn a new word/phrase in another language and try to use it once a day.
- 6** Say the days of the week backwards and then say the days of the week in alphabetical order.
- 7** Say the months of the year in alphabetical order. Easy? Well, try saying the months of the year backwards and/or in reverse alphabetical order.
- 8** Find the sum of your date of birth, mm/dd/yyyy. Want more exercise? Do the same with friends' and relatives' date of birth.
- 9** Name two objects for every letter in your complete name. Work up to five objects, trying to use different items each time.
- 10** Wherever you are, look around and within two minutes try to find five red things that will fit in your pocket, and five blue objects that are too big to fit.
- 11** Make a list: time yourself for one minute and try to list as many items you can that belong to a particular category (types of vegetables, animals, cities, flower types, articles of clothing, etc.). Do weekly and see if the number of items you list gets longer.

ANTICHOLINERGIC BURDEN SCALE

Drugs with ACB Score of 1

Generic Name	Brand Name	✓
Alimemazine	Therlen™	
Alverizine	Spasmonal™	
Alprazolam	Xanax™	
Aripiprazole	Abilify™	
Asenapine	Saphris™	
Atenolol	Tenormin™	
Bupropion	Wellbutrin™ / Zyban™	
Captopril	Capoten™	
Cetirizine	Zyrtec™	
Chlorthalidone	Diuril™ / Hygroton™	
Cimetidine	Tagamet™	
Clidinium	Librax™	
Clorazepate	Tranxene™	
Codeine	Contin™	
Colchicine	Colcrys™	
Desloratadine	Clarinex™	
Diazepam	Valium™	
Digoxin	Lanoxin™	
Dipyridamole	Persantine™	
Disopyramide	Norpace™	
Fentanyl	Duragesic™ / Actiq™	
Furosemide	Lasix™	
Fluvoxamine	Luvox™	
Haloperidol	Haldol™	
Hydralazine	Apresoline™	
Hydrocortisone	Cortef™ / Cortaid™	
Iloperidone	Fanapt™	
Isosorbide	Isordil™ / Ismo™	
Levocetirizine	Xyzal™	
Loperamide	Imodium™ / others	
Loratadine	Claritin™	
Metoprolol	Lopressor™ / Toprol™	
Morphine	MS Contin™ / Avinza™	
Nifedipine	Procardia™ / Adalat™	
Paliperidone	Invega™	
Prednisone	Deltasone™ / Steraped™	
Quinidine	Quinaglute™	
Ranitidine	Zantac™	
Risperidone	Risperdal™	
Theophylline	Theodur™ / Uniphyll™	
Trazodone	Desyrel™	
Triamterene	Dyrenium™	
Venlafaxine	Effexor™	
Warfarin	Coumadin™	

Drugs with ACB Score of 2

Generic Name	Brand Name	✓
Amantadine	Symmetrel™	
Belladonna	Multiple	
Carbamazepine	Tegretol™	
Cyclobenzaprine	Flexeril™	
Loxapine	Loxitane™	
Meperidine	Demerol™	
Methotrimeprazine	Levoprome™	
Molindone	Moban™	
Nefopam	Nefogesic™	
Oxycarbazepine	Trileptal™	
Pimozide	Orap™	

Drugs with ACB Score of 3

Generic Name	Brand Name	
Amitriptyline	Elavil™	
Amoxapine	Asendin™	
Atropine	Sal-Tropine™	
Benzotropine	Cogentin™	
Brompheniramine	Dimetapp™	
Carbinoxamine	Histex™ / Carbihist™	
Chlorpheniramine	Chlor-Trimeton™	
Chlorpromazine	Thorazine™	
Clemastine	Tavist™	
Clomipramine	Anafranil™	
Clozapine	Clozaril™	
Darifenacin	Enablex™	
Desipramine	Norpramin™	
Dicyclomine	Bentyl™	
Dimenhydrinate	Dramamine™ / others	
Diphenhydramine	Benadryl™, others	
Doxepin	Sinequan™	
Doxylamine	Unisome™ / others	
Fesoterodine	Toviaz™	
Flavoxate	Urispas™	
Hydroxyzine	Atarax™ / Vistaril™	
Hyoscyamine	Anaspaz™ / Levsin™	
Imipramine	Tofranil™	
Meclizine	Antivert™	
Methocarbamol	Robaxin™	
Nortriptyline	Pamelor™	
Olanzapine	Zyprexa™	
Orphenadrine	Norflex™	
Oxybutynin	Ditropan™	
Paroxetine	Paxil™	
Perphenazine	Triafon™	
Promethazine	Phenergan™	
Propantheline	Pro-Banthine™	
Propiverine	Detrunorm™	
Scetiapine	Seroquel™	
Scopolamine	Transderm Scop™	
Solifenacin	Vesicare™	
Thioridazine	Mellaril™	
Tolterodine	Detrol™	
Trifluoperazine	Stelazine™	
Trihexyphenidyl	Artane™	
Trimipramine	Surmontil™	
Trospium	Sanctura™	

Anticholinergics are a broad class of drug used to treat a variety of medical conditions that affect the contraction and relaxation of muscles. Each definite anticholinergic may increase the risk of cognitive impairment by 45% over 6 years.



“ This information is designed for you to be aware of your medications and their effects ”

1 Read through these 3 tables of medication lists

Possible anticholinergics include those listed with a score of 1. Definite anticholinergics include those listed with a score of 2 or 3.

2 Identify any medications that you take with a check mark

3 Be sure to share this information with your care team