

With Your Brain in Mind



Monthly news and updates from the Stanford Alzheimer's Disease Research Center

Healthy Aging Tips

Upcoming Events

More information on all events can be found on the Stanford ADRC website [here](#).

- March 21
10:30a-12p **Presentation on healthy brain aging.** Peninsula Jewish Community Center, Foster City.
- April 5
5:30-6:30p **Wisdom of Aging talk series: Nutrition.** East Palo Alto YMCA.
- April 12
2-3:30p **Presentation on healthy brain aging.** Palo Alto Commons.
- April 8
8a-2p** **4th Annual Alzheimer's Latino Conference.** Mayfair Community Center, San Jose. Click [here](#) for more information.
- May 11
8a-4:15p** **19th Annual Updates on Dementia: Translating Research into Practice.** South SF Conference Center. Click [here](#) for more information.

Healthy Aging and Lifestyle Choices

Aging well depends on **genes, environment, and lifestyle**. While we can't control all the factors that contribute to aging, what we can do is make **healthy lifestyle choices** to help maintain a healthy body and brain.

5 things that can help protect brain health:

Take care of your physical health

- Get recommended health screenings
- Know your health numbers! (blood pressure, cholesterol, blood sugar)
- Actively manage your health problems
- Consult with your health care provider to make sure your medications are right for you
- Reduce risk of brain injury due to falls: take a fall prevention class if you can
- Quit smoking!

Eat healthy foods (see the MIND diet article on page 2)

Stay active

- Move about 30 minutes on most days of the week
 - Walking is a good start – get your heart rate up!
 - Join programs that can help you learn to move safely (e.g., strength training, balance training, and stretching)
- *Check with your health care provider if you haven't been active and want to start an exercise program

Learn new things – use your brain!

- Do mentally stimulating activities – read, play games, learn new things, take or teach a class, be social through work or volunteering

Socialize – stay connected with family, friends, and community!



Links

- [Stanford ADRC's website](#)
- [Stanford ADRC's Facebook page \(English\)](#)
- [Stanford ADRC's Facebook page \(Español\)](#)

Photo: the new Stanford Neuroscience Health Center, opened in January 2016. Read more about it [here](#).



The MIND Diet and Healthy Aging

Some of the known risks for Alzheimer’s Disease include age itself, genetics (not a major risk for most people), and head injuries, but other suspected risks can be heavily influenced by lifestyle. These risk factors include heart disease, high blood pressure in mid-life that is poorly controlled in advanced age, and lack of physical and mental activity.

First, it’s important to maintain a healthy brain. Some things that can pose a threat to brain health are **smoking, heart disease, diabetes, not enough sleep, not enough physical activity, social isolation, some medicines, too much alcohol, and an unhealthy diet.**

You can reduce the effects of this last risk factor by trying the **MIND Diet**, which stands for “Mediterranean-DASH Intervention for Neurodegenerative Delay”. The MIND Diet recommends:

- at least 3 servings of whole grains **DAILY**
- at least one dark green salad and one other vegetable **DAILY**

- at least a one-ounce serving of nuts **DAILY**
- five-ounce glass of red wine or grape juice **DAILY**
- berries at least **twice a week**: strawberries or blueberries are best
- beans or legumes at least **every other day**
- poultry at least **twice a week**
- fish at least **once a week**
- **less than 4** servings of red meat per week
- **no more than** one tablespoon a day of butter or margarine daily (use olive oil instead!)
- cheese, fried food and fast food **no more than** once a week
- pastries and sweets **less than** five times a week – so, **not** every day!

Have fun experimenting with different recipes and invite others to join you in cooking... and eating!

Read more about the MIND diet [here](#).

Meet the ADRC Team – a monthly feature



Carolyn Fredericks, MD

Clinical Assistant Professor of Neurology

What is your role at the ADRC and what draws you to dementia research?

I am a clinical assistant professor of neurology at Stanford and am involved with both the clinical and imaging cores at the ADRC. In terms of my research, I’m interested in the emotional and behavioral symptoms that accompany Alzheimer’s disease and other forms of dementia, and also in lesser-known Alzheimer’s variants such as posterior cortical atrophy and logopenic aphasia. I study these things using functional neuroimaging and neuropsychological questionnaires.

I’m drawn to dementia research because dementia affects the whole individual and the whole family. I think the more we can understand about the emotional symptoms that accompany dementia, the better we will be able to diagnose, treat, and support patients and families coping with these illnesses. I’m also drawn to studying less common variants of Alzheimer’s disease because there is little to guide clinicians in treating patients with these variants. I also believe that studying these symptoms can help us better understand how Alzheimer’s works on a basic level.