

Healthy Living for your Brain and Body

Tips from the Latest Research





Presented by:

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Learning Objectives:

- Identify the reasons for taking care of yourself as you age
- List strategies to age well in the following areas:
 - Physical health and exercise
 - Diet and nutrition
 - Cognitive activity
 - Social engagement
- Make your own plan for healthy aging using the *Healthy Living for Your Brain and Body: Tips from the Latest Research* workbook

"Old Age Ain't No Place For Sissies" -- Bette Davis





Aging and Health

Aging well depends on your:

- Genes
- Environment
- Lifestyle

Lifestyle choices may help keep your body and brain healthy.



Subjective Cognitive Decline

16%
LGBTQ+ **vs** **11%**
Non-LGBTQ+

Flatt, J.D., Cicero, E., Lambrou, N. H., Wharton, W., Anderson, J. G., Bouldin E.R., McGuire L.C., Taylor C.A. (In press). Subjective cognitive decline higher among sexual and gender minorities in the United States, 2015-2018. *Alzheimer's & Dementia*, Support: NIH/NIA (Flatt) K01AG056669



LGBTQ+ Health Disparities

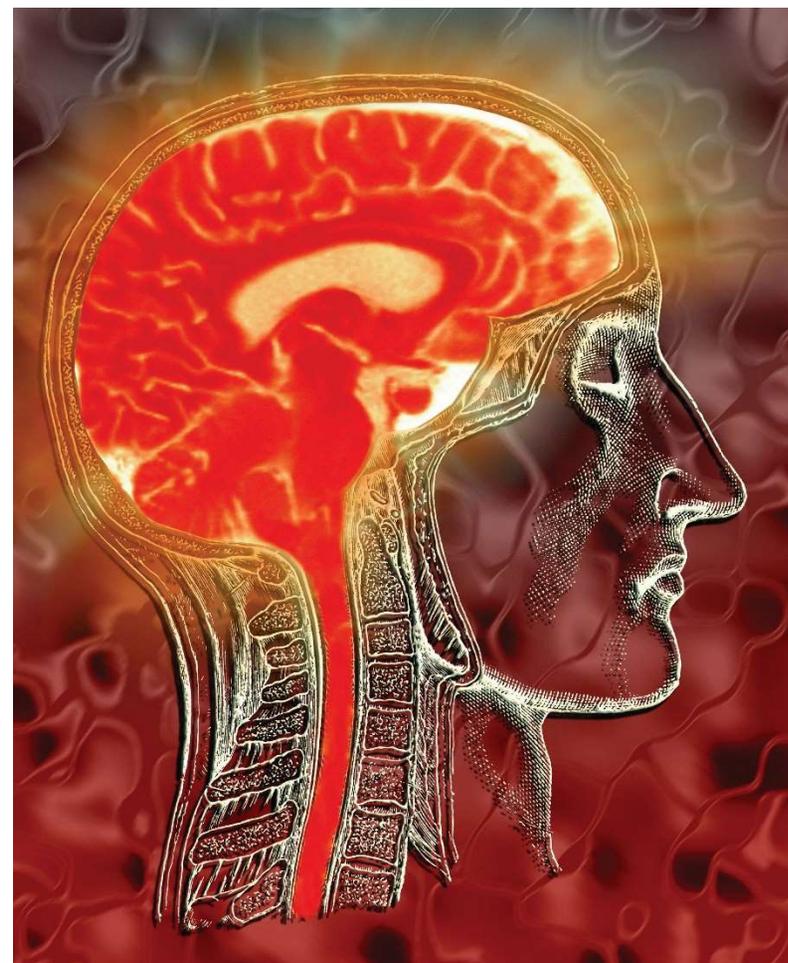
- Lifetime exposure to stigma, discrimination, & trauma
- Health disparities (poor health, depression, disability)
- Intersects with race/ethnicity
- Less likely to be married or have children
- 2-3X as likely to live alone
- Little to no caregiver support
- Barriers to healthcare access & use



Source: Dr Jason Flatt, Assistant Professor, UNLV School of Public Health. www.rainbowsofaging.org

The Brain

- The brain is the control center of the body
- There are 100 billion nerve cells, or neurons, creating a branching network
- Signals traveling through the brain form memories, thoughts and feelings
- Alzheimer's disease destroys brain cells



The Heart-Brain Connection

The heart and brain are interrelated

What you do to protect your heart can also help your brain continue to operate at its best.

The brain needs blood flow

The brain depends on oxygen and adequate blood flow to work well. 25% of blood from every heartbeat goes to the brain.



Alzheimer's and Dementia

Dementia is caused by many different diseases and conditions. It is not part of normal aging.

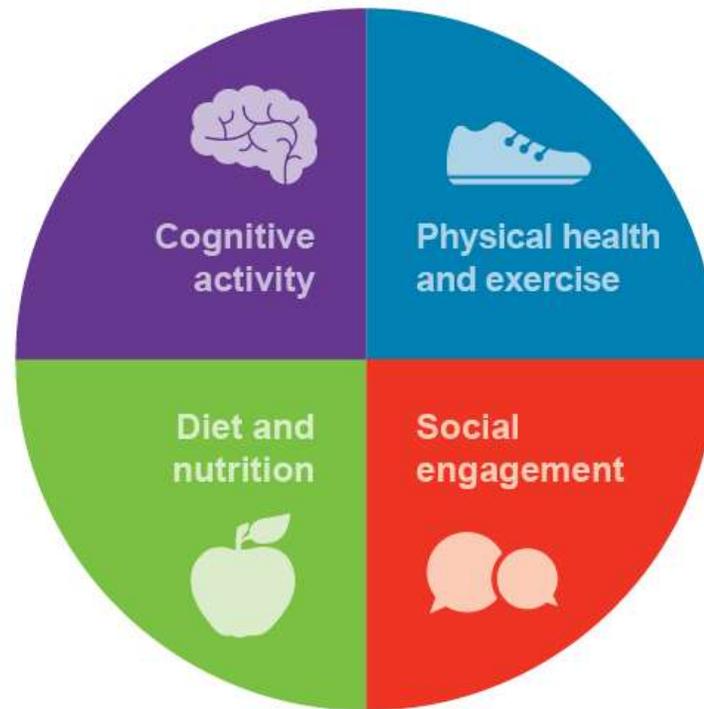
Alzheimer's disease is most common cause of dementia.

Risks for Alzheimer's and dementia include:

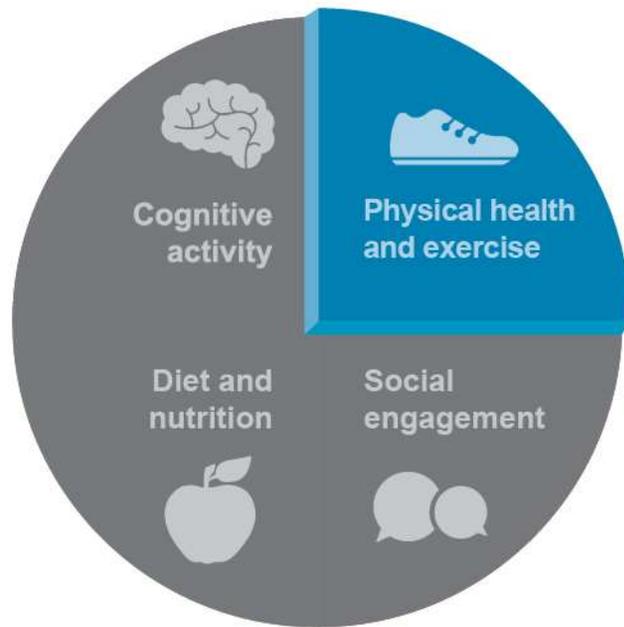
- Age
- Genetics
- Head injury
- Cardiovascular factors
- Fewer years of formal education

Therapies for Alzheimer's can treat symptoms for a time, but **they cannot cure, prevent or even slow disease progression.**

Taking Care of Yourself as you Age



Physical Health & Exercise



What we know:

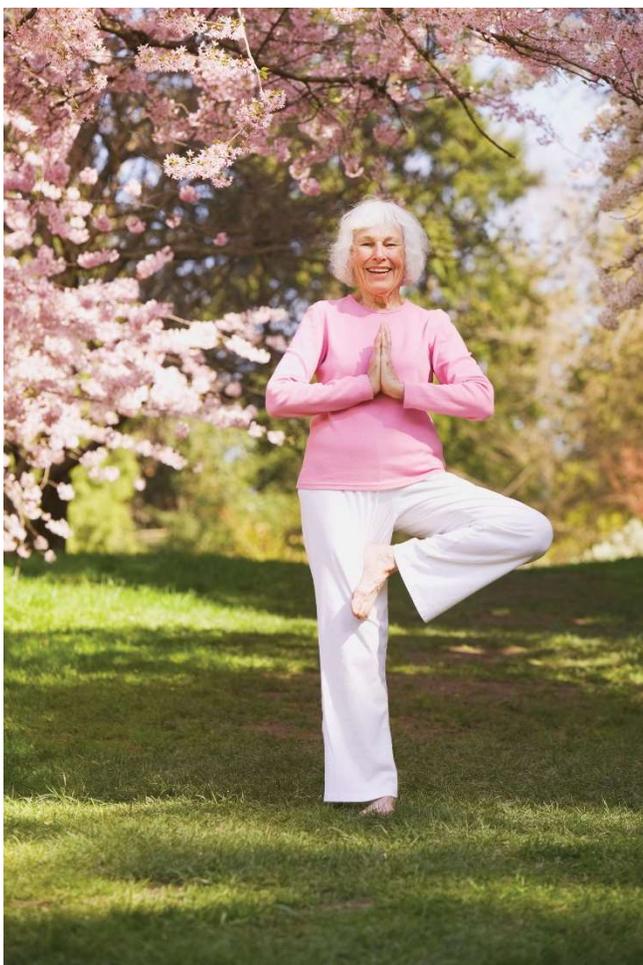
- Cardiovascular activity may reduce your risk of cognitive decline.
- Regular and vigorous exercise leads to increased blood flow – other physical activities may also yield benefits.
- There is no single “recipe” for brain health.



Physical Health & Exercise

What we can do:

- Do something you like
- Start out small
- Move safely
- Get your heart rate up
- Ask friends to join you
- Check with your doctor before you start



Physical Health & Exercise

What we can do

- Stop smoking
- Avoid excess alcohol
- Get adequate sleep
- Avoid head injury
- Manage stress
- Treat depression
- Visit your doctor regularly

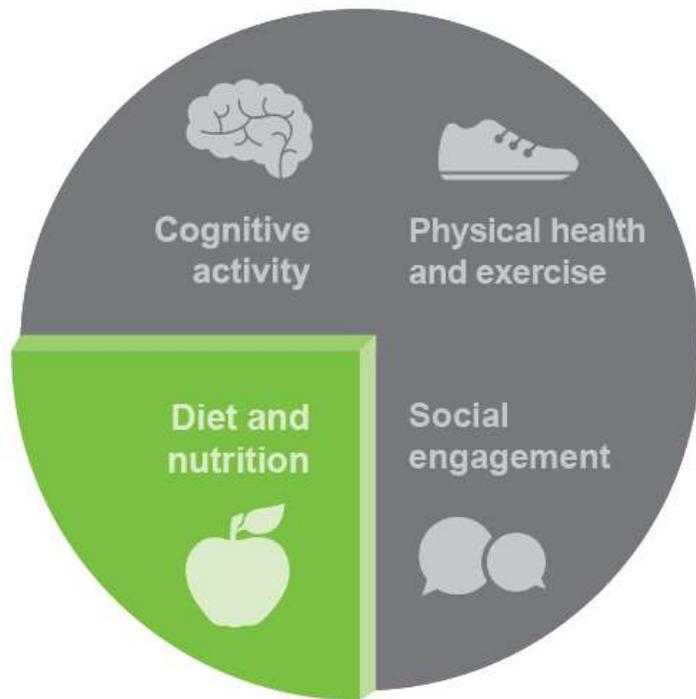


Physical Health & Exercise

What we can do:

- Monitor numbers and take action
 - Blood pressure
 - Blood sugar
 - Weight
 - Cholesterol

Diet & Nutrition



What we know:

- What's good for the heart may also be good for the brain.
- Nutritious food is fuel for the brain.
- Following some dietary guidelines can reduce your risk of heart disease, cancer, Parkinson's disease, Alzheimer's disease, stroke and diabetes.



Diet & Nutrition

What we can do:

EAT:

- Vegetables
- Fruits
- Nuts, beans and whole grains
- Lean meats, fish and poultry
- Vegetable oils

AVOID:

- Saturated/ trans fats
- Processed foods
- Solid fat, sugar and salt
- Deep-fried food
- Unhealthy fast foods

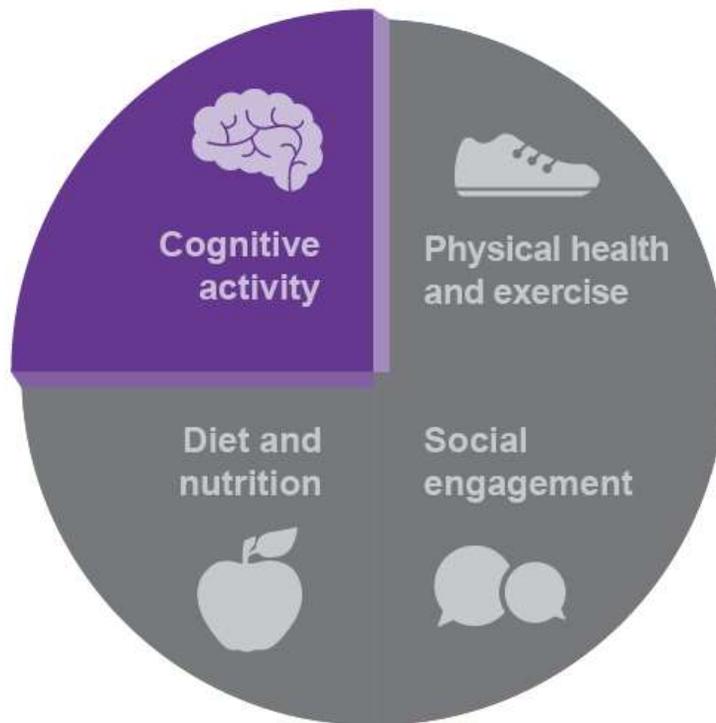


Diet & Nutrition

What we can do:

- Consult reputable sources about:
 - Dietary supplements
 - Vitamins
- The World Health Organization (WHO) concluded that vitamins and supplements should not be recommended to reduce the risk of cognitive decline and dementia.
- Work with your doctor

Cognitive Activity



What we know:

- Keeping your mind active forms new connections among brain cells.
- Cognitive activity encourages blood flow to the brain.
- Mentally stimulating activities may possibly maintain or even improve cognition.
- Engaging in formal education will keep your brain healthy and can provide protection against developing dementia.

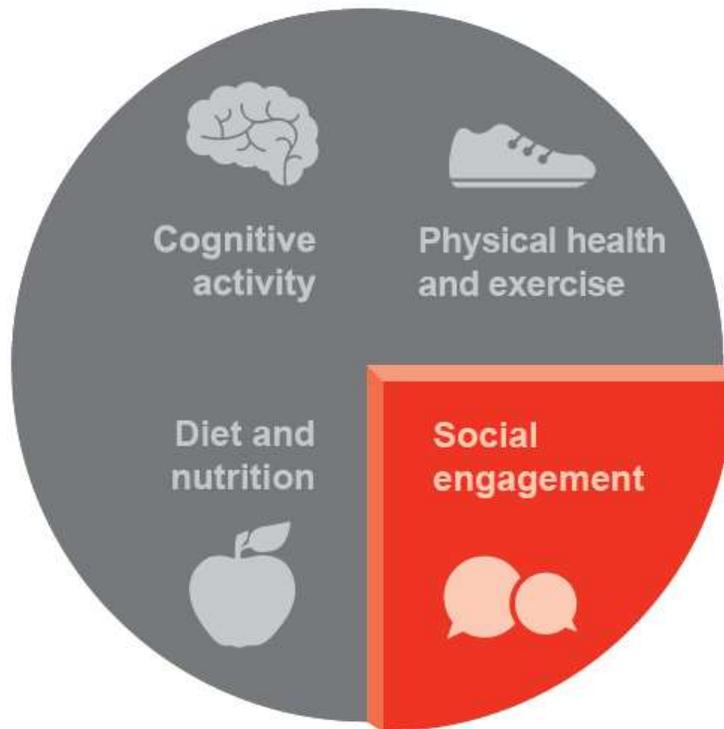
Cognitive Activity

What we can do:

- Read books and articles that challenge and inspire you
- Complete puzzles and play games that are challenging for you
- Learn new skills or hobbies
- Engage in ongoing learning



Social Engagement



What we know:

- Social engagement is associated with living longer with fewer disabilities.
- Staying engaged in the community offers you an opportunity to maintain your skills.
- Remaining both socially and mentally active may support brain health and possibly delay the onset of dementia.

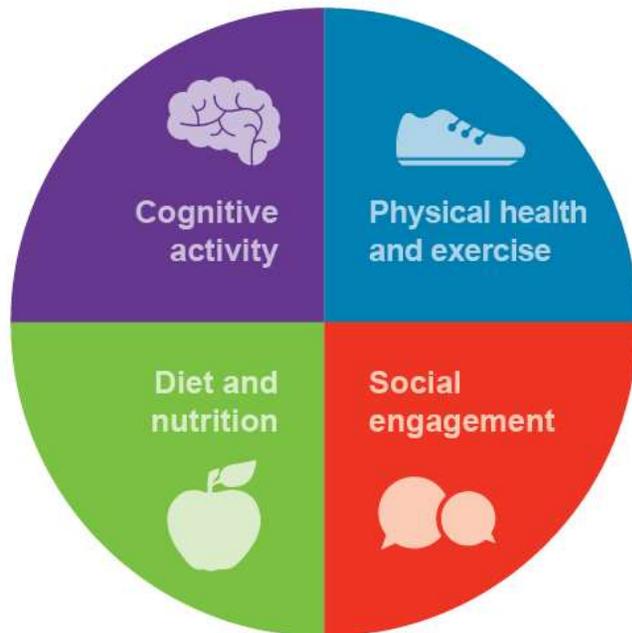
Social Engagement

What we can do:

- Visit with friends and family
- Engage with others
- Stay involved in the community
- Volunteer outside the home
- Join a group or club



Putting all four pieces together

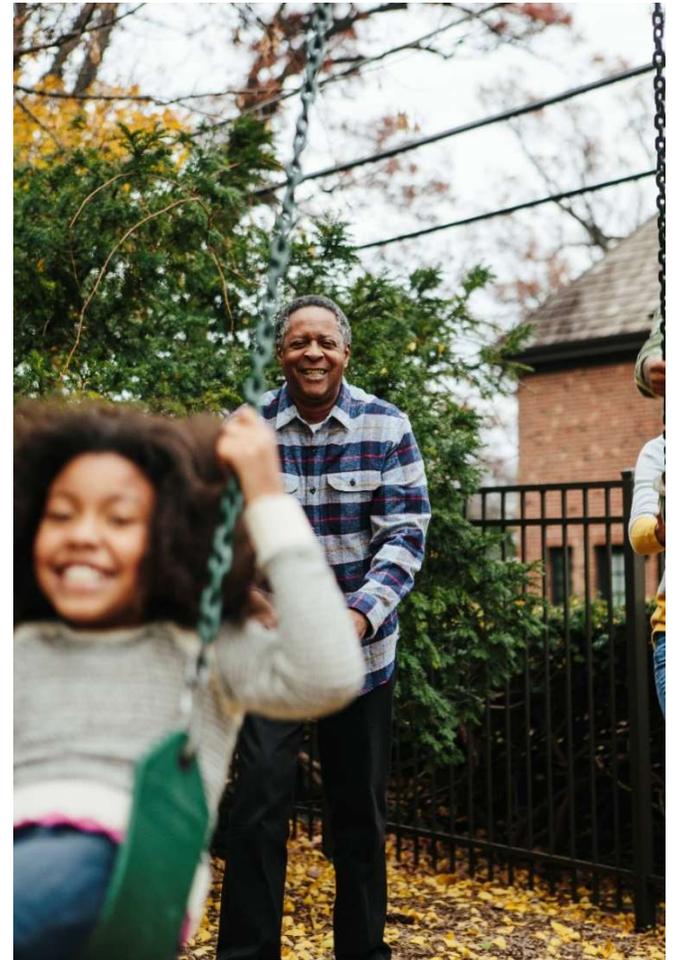


- Take care of your **HEALTH**
- Get **MOVING**
- **EAT** right
- Keep your **MIND** active
- Stay **CONNECTED** with others

Combine all four to achieve maximum benefits!

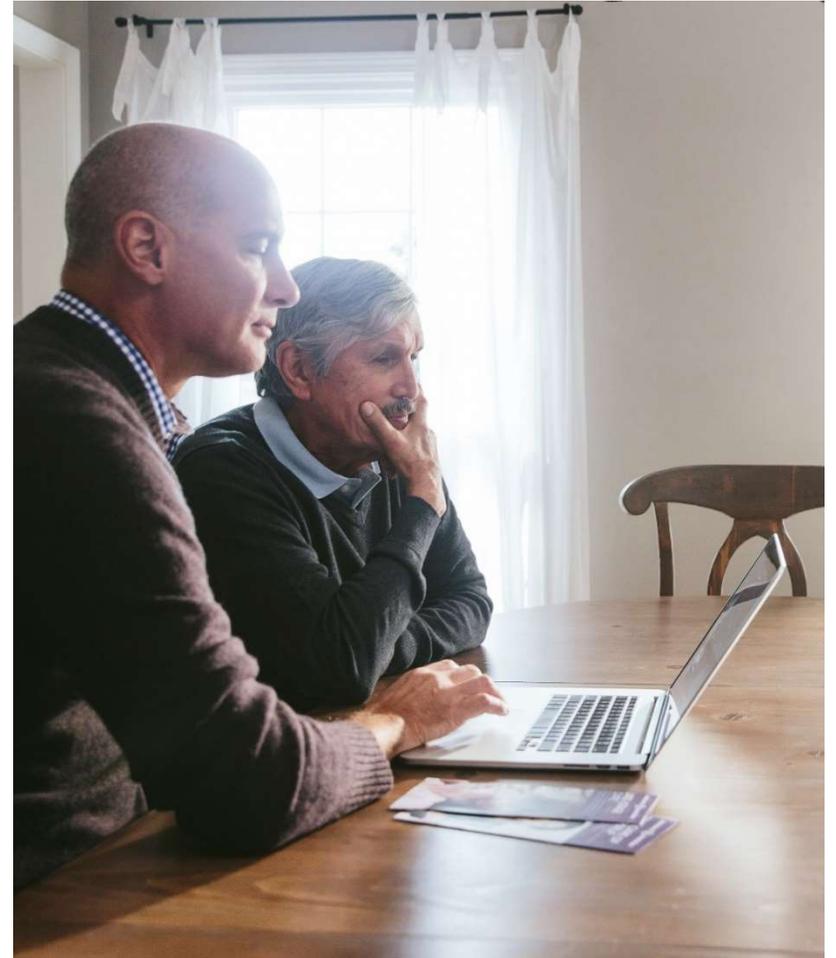
What you can do NOW:

- Begin today
- Start small and build
- Do what you enjoy and stick with it
- Make healthy choices
- Make a plan
- Get support from others
- Have fun



Be a savvy consumer:

- If it's too good to be true – it's probably *not* true!
- Be cautious when you hear huge promises or reports of miracle cures.
- Do thorough research.
- Consult trusted, reputable professionals:
 - Your doctor
 - Your local pharmacist
 - The Alzheimer's Association



24/7 Helpline

- Free Service
- Available around the clock, 365 days a year
- Helpline specialists and master's level clinicians offer confidential support and information
- Bilingual staff and translation service in over 200 languages
- Live Chat available
- TTY Service 866.403.3073



24/7 Helpline
800.272.3900

alzheimer's  association®



Live Chat

Virtual Programs

- Free online e-learnings available at www.alz.org
 - 10 Warning Signs
 - Understanding Alzheimer's and Dementia
 - Dementia Conversations
 - Effective Communication Strategies
 - Legal and Financial Planning
 - Understanding and Responding to Dementia-Related Behaviors
 - And more!



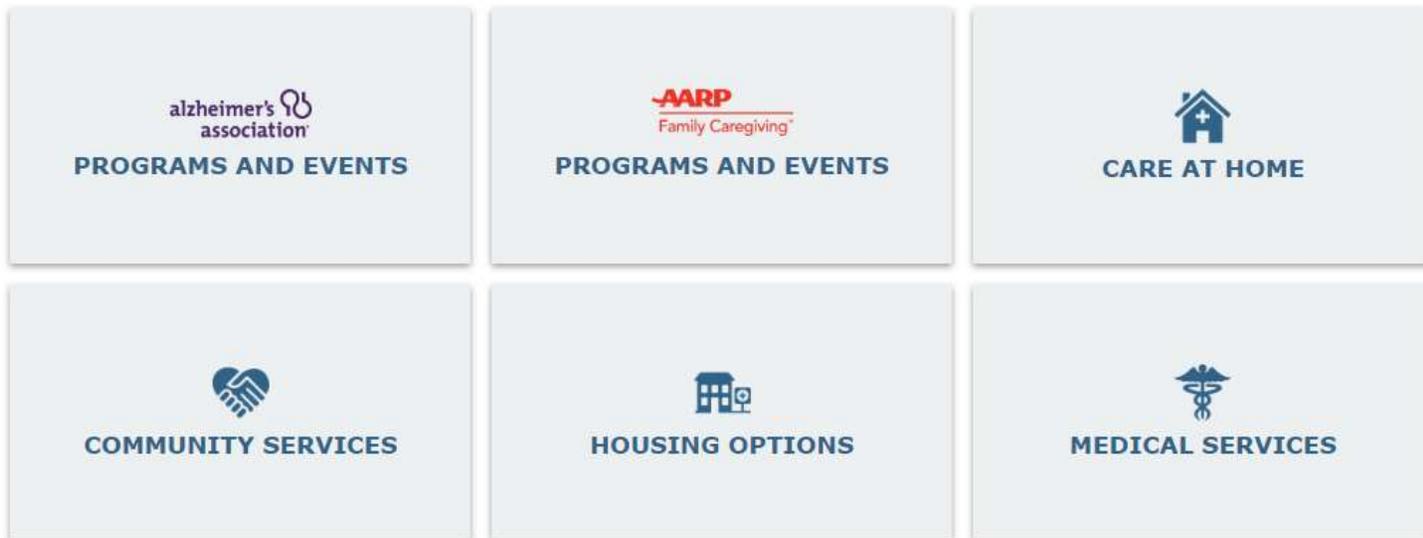
We have transitioned in-person support groups and education programs to virtual platforms during COVID-19 pandemic

Community Resource Finder

www.communityresourcefinder.org

Get easy access to resources, community programs and services.

Based on guidance from local governments and health departments during the COVID-19 crisis, many programs will be offered virtually rather than in-person.



ALZConnected®

www.alzconnected.org

ALZConnected® is a free online community for everyone affected by Alzheimer's or another dementia, including:

- People living with the disease
- Caregivers
- Family members
- Friends
- Individuals who have lost someone to Alzheimer's or another dementia

The screenshot shows the ALZConnected website interface. At the top, there is a purple navigation bar with the 'alz connected' logo on the left and login fields for 'Email Address', 'Password', and 'Sign In' on the right. Below the navigation bar is a large banner image featuring a smiling woman in the foreground and a group of diverse people in the background. A quote is overlaid on the right side of the banner: "Caring for someone with Alzheimer's can make you feel alone. Now, I've found others like me." Below the quote is a green 'join now' button. Underneath the banner, the text 'View Message Boards from others like you' is displayed. Two green buttons are shown: 'Caregivers Forum' and 'I have Alzheimers'. Below these buttons, there are three columns of text representing forum posts. The first column is under 'Caregivers Forum' and contains two posts: 'Moving Advice' and 'Tell me I'm not alone'. The second column is under 'I have Alzheimers' and contains two posts: 'Screening' and 'Early-onset Alzheimer's Disease'. The third column is under 'Parent as Caregiver' and contains one post: 'Parent as Caregiver'.

alz connected

Email Address Password Sign In

Reset Password

"Caring for someone with Alzheimer's can make you feel alone. Now, I've found others like me."

join now

View Message Boards from others like you

Caregivers Forum I have Alzheimers

Moving Advice
My mom was recently diagnosed with mild-moderate Alzheimer's disease and was started on Aricept. We have convinced her to move into an independent living facility. As you can imagine she initially agreed and now does not want to go.

Tell me I'm not alone
Hi, I just stumbled upon this discussion board tonight and thought it would be a great way to help cope with my mother's recent diagnosis of early onset Alzheimer's.

If I hear...one more time.
Just this morning I saw this on Facebook "People will never truly understand something until it happens to them". After I read that, I came on the Message Board to get my strength for the day and saw this post. Just when I think I have come to the end of my rope, something or someone gives me just enough to keep going until I can right myself. Thank you everyone for your unseen, non judgmental and loving support.?

Screening
I pestered the Neuro office and they at least told me that I won't be scheduled for another screening until late fall/early winter. I understand this can be good - maybe the forgetfulness, etc. was due to another cause and it could work itself out by that time.

Early-onset Alzheimer's Disease
I am new to this site, however I just recently started a blog about Early-onset Alzheimer's, as my mother was diagnosed a couple years ago at age 52.

Parent as Caregiver
I'm wondering if anyone knows of a situation where an elderly parent is caring for an adult child with Alzheimer's, and how their experience differs from many of us in the opposite situation.

Alzheimer's Navigator®

www.alzheimersnavigator.org

Alzheimer's Navigator is a free online tool that helps guide caregivers to answers by creating a personalized action plan and linking you to information, support and local resources.

ALZHEIMER'S navigator®
alzheimer's association®

What do you want to know?

Choose one of these topics to develop a personalized action plan.

 Working with Your Doctor	 Symptoms	 Safety	 Legal Planning
 Knowledge	 Financial Planning	 Driving	 Caregiver Support
 Care Options	 Daily Living		

Questions?

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