BRAIN HEALTH

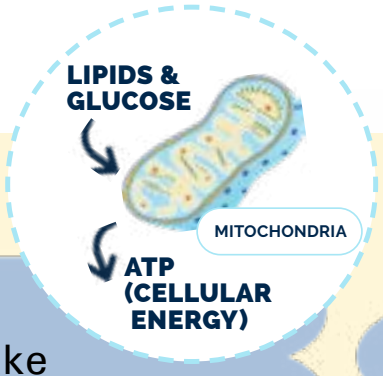
We have found that **BLOOD PRESSURE, BMI (BODY MASS INDEX) AND FAT AROUND THE WAIST** are all linked to cognitive decline.

OBESITY

Obesity, especially in midlife, **INCREASES RISK OF DEVELOPING ALZHEIMER'S**.

Both prediabetes and diabetes correlate with **INCREASED COGNITIVE IMPAIRMENT** over time and **LOSS OF BRAIN MATTER** on MRI.

DIET is key

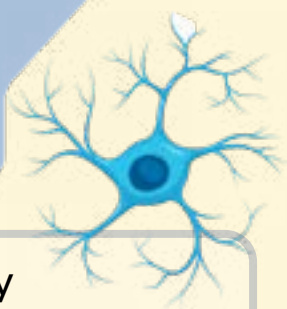


Nerves can take **UNSATURATED FATS** and easily turn them into ATP for cellular energy.

SATURATED FATS are more difficult for nerve cells to process into energy. This results in an accumulation of toxic waste, causing infammation and nerve injury.

NERVES IN THE BRAIN ARE THE MOST SUSCEPTIBLE because they need to process the most energy.

A DIET INCLUDING UNSATURATED FATS (including olive oil, nuts, avocado, fish) **IS KEY TO PROVIDE THE NERVES THE ENERGY THEY NEED. AVOID SATURATED FATS. LET'S KEEP OUR BRAINS HEALTHY!**



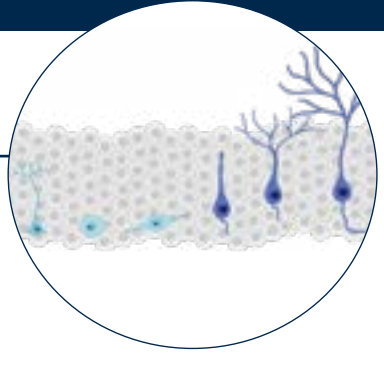
Saturated fats not only damage nerves but also surrounding support cells (glia) compounding negative effects.

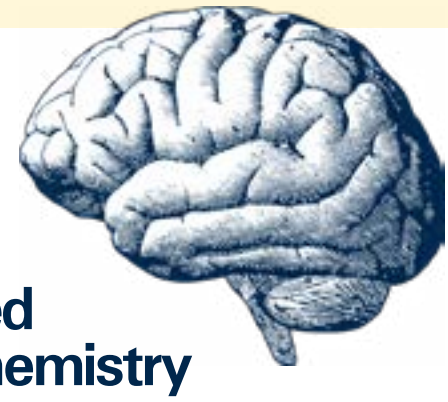
A diet rich in saturated fats causes inflammation and changes in cognitive function. This inflammation occurs **AFTER ONLY 3 DAYS** and involves one of the primary immune cells of the brain, the microglia.

Effects of EXERCISE

neurogenesis

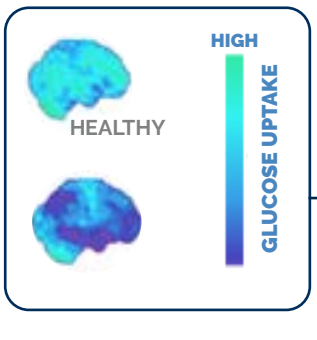
exercise increases the birth of stem cells in the brain





improved brain chemistry

exercise increases a neurotransmitter deficient in Alzheimer's patients **ACETYLCHOLINE**



increased glucose uptake

especially important for Alzheimer's patients

MICHIGAN MEDICINE