

Brain Health

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Take home messages:

- **No one is getting younger, and yet we are living longer**
- **A NEED to preserve function and delay health risks**
- **Diet and lifestyle are an excellent PREVENTION**
- **Diet**
 - **Known neurotoxin?**
 - Alcohol, tobacco, weed, mercury, excess of some vitamins and minerals
 - Diet that increases risks of hypertension, heart disease, diabetes, gout, etc
 - Imbalance diet that can cause nutritional deficiencies – low fat, low vitamins and minerals
 - **What about known foods that are known to improve brain function?**
 - An American study of 1393 persons with initially normal cognitive function found a 28% reduction in the risk of mild cognitive impairment after 4.5 years among those with a high proportion of Mediterranean-style diet
 - **Real food, real fats, low processed and refined**
 - Good quality fermented grapes (red wine but watch alcohol content!) – tannins
 - **HYDRATION** (Archibald, C. (2006). Promoting hydration in patients with dementia in healthcare settings. *Nursing Standard*, 20(44), 49+.)
 - **MEDIUM CHAIN TRIGLYCERIDES** (Xu Q, Zhang Y, Liu L, et al. Medium-chain triglycerides improved cognition and lipid metabolomics in mild to moderate Alzheimer's disease patients with APOE4-/-: A double-blind, randomized, placebo-controlled crossover trial. *Clinical Nutrition*, 39(7),pp2092-2105)
- **Movement**
 - **Any idea what are the harmful exercises for the brain?**
 - Boxing, base jumping, skydiving
 - **What are protective?**
 - Improve gut health and improves neurotransmitters
 - A new meta-analysis of 15 prospective cohort studies embracing a total of 33 816 persons without dementia shows that both intense and moderate exercise reduce the risk of the occurrence of MCI by at least 35%
 - Also, a side benefit of improved muscle tone – reducing risk of falls
- **Sleep**
 - consolidates learning
 - improves memory, promotes motor skill learning (reduce falls risk)
 - cell repair – brain cells, hair, eyes, etc
 - Just like babies and for caregivers – REST when patient is sleeping!
 - As a result, night time sleep is better for everyone!
 - Naps are OK, as long as it does not interfere with night time sleep (20min)
- **Mind and community**
 - Amygdala – memory is better when it is associated with happy events
 - Dementia progression is slowed when they are in a safe, protected, and positive environment

