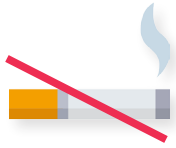


+ 12 Tips to Take Care of Your Cognitive Health

As we age, our brain changes. Healthy lifestyle habits can help prevent neurocognitive disorders such as Alzheimer's disease.



Avoid smoking.



Limit your alcohol consumption.



Take your medication, monitor your blood pressure, diabetes, cholesterol, etc.



Move more and remain physically active.



Eat well (more fruits and vegetables, more protein, etc.) and maintain a healthy weight.



Avoid falls or blows to the head.



Stimulate your brain with activities (read, play logic games, do crosswords, etc.)



Socialize (meeting with family and friends, volunteer work, support groups, etc.)



Look after your mental health and ask for help if needed.



Have your hearing checked (wear your hearing aid if needed).



Have your vision checked (wear your glasses if needed).



Avoid air pollution (for example, second-hand tobacco smoke or chemicals).