



# Improve your memory

Worried because you searched a half hour before finding your reading glasses or car keys? Concerned that it took a few minutes to remember the name of the familiar-looking woman who said hello to you in the restaurant? As annoying as it may be, temporary “tip of the tongue” forgetfulness is one of the changes that happens as we age.



## RECIPE FOR BRAIN HEALTH

- **Try to figure out what is causing your forgetfulness.** Did you make a wrong turn while driving while you were talking on a cell phone and listening to the radio? Maybe you're trying to do too many things at once and need to put down the phone or turn off the tunes.
- **Exercise your body.** Aerobic exercise improves your cardiovascular health. Exercise also increases your “feel-good” brain chemicals, which improve your mood and prevents depression which is a risk factor for Alzheimer's disease.
- **Exercise your mind.** Mental challenge can help rewire connections in the brain. Find a new hobby, learn to play chess, learn another language, or take a class.
- **Take care of yourself.** Control risk factors for cardiovascular disease such as high blood pressure, smoking, high cholesterol, and obesity to help decrease your risk.
- **Get a good night's sleep.** Not getting enough restful sleep causes mental impairment later in life. If you're sleep deprived, you won't think clearly and are more likely to forget in the present time.
- **Feed your brain.** Following a Mediterranean-style diet combined with the DASH diet may support the ability to clearly think, learn, and remember. Eat leafy greens and other vegetables, fruit (especially berries), nuts, whole grains, fish, beans, lentils, and lean poultry.
- **Check your meds.** Ask your doctor if any prescribed and over-the-counter medications you take could cause memory or concentration problems.