

Keep Your Brain Healthy

Actions that May Lower Your Risk for Dementia



Challenge and Activate Your Brain

Learning something new can be fun and challenging for your brain! Read a book, take a class, solve puzzles, or learn a skill or language.



Get Your Health Checked Yearly and Know Your Numbers

Have your blood pressure, cholesterol, blood sugar, and weight checked regularly. Follow your health care provider's advice.



Protect and Support Your Hearing

Protect your hearing from loud noises at all ages and get your hearing tested if you or someone close to you notice changes. Untreated hearing loss can impact your brain's ability to process information. Wear or use hearing aids or devices if a professional recommends.



Be Physically Active Each Day

Engage in activities that make your heart stronger, help you move easier, and give you more energy. Try walking, chair yoga, lifting hand weights, stretching, or other activities you enjoy.



Get a Good Night's Rest

Try to get 7-8 hours of sleep a night. Talk to your health care provider about sleep-related concerns, such as trouble falling asleep, staying asleep, snoring, or not feeling rested in the morning.



Be Socially Active

Stay connected with friends, family, neighbors or others in your network. Socializing stimulates your thinking and supports your emotional well-being. Be open to meeting new people.



Protect Your Head; Protect Your Brain

Take action to prevent head injuries. Wear a helmet, wear a seatbelt, and learn how to prevent falls.



Limit or Avoid Drinking Alcohol

Drinking alcohol, even in small amounts, can have immediate and lasting impacts on your brain's ability to think clearly, remember, and function.



Protect and Treat Your Vision

Get your vision checked regularly, wear protective eyewear and sunglasses. Wear glasses and take medications as prescribed.



Protect Your Lungs

If you do not smoke, do not start. If you do smoke, get help to quit. Avoid areas with second-hand smoke. Use a mask or an air purifier if you are in an area with pollution or wildfire smoke.



Seek Support for Depression

Depression feels and impacts everyone differently. If you feel depressed, seek help from support groups, a health care professional, counselor, clergy, or call 988 - the Suicide and Crisis Lifeline.



Eat Healthy Meals and Snacks

Focus on colorful fruits and vegetables, lean proteins, whole grains, healthy fats, and plenty of water. Limit processed foods and sugar.



FIND RESOURCES

With early detection, you have more options for staying healthy, maintaining independence, and getting support.

www.doh.wa.gov/brain-health-resources
www.doh.wa.gov/memory
www.memorylossinfo.org