


<p align="center">General Health Guidelines:</p> <p>Promote a healthy brain! Diet, nutrition, physical health, mental health and social well-being are all key lifestyle factors in promoting a healthy brain.</p>	<ul style="list-style-type: none"> • Switch from saturated and trans fats to olive oil and fatty fish such a salmon or ocean trout. • Get a good night's sleep. • If you smoke, consider quitting. • Avoid drinking alcohol. • Get and obtain healthy physical activity. • If you have diabetes, keep your blood sugar under control. • Consider learning new information and skills.
---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Green Flags – All Clear 	What this means...
------------------------------------------------------------------------------------------------------------------	---------------------------

<p>If you:</p> <ul style="list-style-type: none"> • Eat a balanced and healthy diet. • Get at least 30 minutes of daily physical activity. • Have mental stimulation, like reading, cross-word, puzzles, or do memory exercises. • Stay socially active with friends and family. 	<ul style="list-style-type: none"> • Good job! You are taking steps towards your brain health.
-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------

Keep up the great work!

Yellow Flags – Caution 	What this means...
-----------------------------------------------------------------------------------------------------------------	---------------------------

<p>If you have <u>any</u> of the following:</p> <ul style="list-style-type: none"> • Are not following a health diet or getting regular exercise • Do not get regular sleep, or your sleep is often interrupted • Drink alcohol in excess • Smoke cigarettes or chew tobacco • Have diabetes and your blood sugar is not well controlled • Forget important events, difficulty concentrating, forgetting familiar location, misplace things, have difficult time with making decisions or have changes in mood or personality. 	<ul style="list-style-type: none"> • You are at higher risk for brain related changes, including problems with memory, mood, and behavior • Higher blood sugar affects brain health • You are at higher risk for cancer • You may have memory loss that needs to be evaluated by your health care provider • Risk factors for stroke are also risk factors for dementia. <div style="background-color: #d3d3d3; padding: 10px; margin-top: 10px;"> <p>Call your doctor, consulting nurse, or healthcare provider if symptoms do not improve.</p> <p>Name: _____</p> <p>Number: _____</p> <p>Instructions: _____</p> </div>
---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

If you notice a Yellow Flag, work closely with your health care team.

Red Flags—Stop and Think 	What this means...
---------------------------------------------------------------------------------------------------------------------	---------------------------

<p>If you have:</p> <ul style="list-style-type: none"> • Trouble thinking clearly • Facial drooping or numbness • Arm weakness • Speech difficulty, slurring • Sudden trouble seeing (one or both eyes) • Sudden trouble walking, dizziness, loss of balance, or coordination • Sudden onset of severe headache with no known cause • Unresponsiveness • Seizures 	<ul style="list-style-type: none"> • A possible stroke • You need to be evaluated by a healthcare professional immediately. <div style="border: 1px solid black; padding: 10px; margin-top: 10px;"> <p>Physician: _____</p> <p>Number: _____</p> <p>Follow these instructions: Call 9-1-1.</p> </div>
-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

If you notice a Red Flag, CALL 9-1-1. Emergency!

Brain Health Facts

- Every time your heart beats, your arteries carry 20 percent to 25 percent of your blood to the brain.
- Your brain uses 20 percent of the total oxygen in your body.
- There are 100,000 miles of blood vessels in the brain. High blood pressure weakens the blood vessels over time, leading to a stroke or aneurysm.
- Every time you recall a memory or have a new thought, you create a connection in the brain.
- Size doesn't matter in the brain. There is no evidence that a larger brain is smarter than a smaller brain.
- Excessive stress has been shown to alter brain functioning.

What can you do?

- Keep your blood pressure under control.
- If having difficult hearing, get your hearing checked.
- Consider mind-challenging activities, like puzzles, memory games. (According to a study published in The New England Journal of Medicine, adults who participate in mind-challenging activities were 63% less likely to develop dementia).
- Get regular physical activity since it's important for a healthy body and a healthy brain. Exercise promotes effective blood circulation to the brain.
- Get plenty of sleep. A minimum of seven hours of uninterrupted sleep is the best. Avoid watching TV or working on the computer before bedtime.
- Consider decreasing the amount of caffeine you take in daily, particularly if you consume a lot of caffeine through coffee and cola beverages. Caffeine can make a person feel restless and leads to anxiety and insomnia.
- Manage your stress. Consider meditation or other methods to calm down and relax.
- Drink plenty of water, unless otherwise directed by your healthcare provider.
- Eliminating bad habits-drinking, smoking, inactivity, poor diet, worry, anger are not helpful in promoting brain health.
- Whether you are working or are in retirement, its important to maintain a sense of purpose. Whether you have a hobby, volunteering, reading, or writing stories, have some other tasks you are involved with, its important to find something that is worthwhile to do.

Southeast Washington Aging and Long Term Care

At Aging and Long Term Care, we believe every adult deserves to live with dignity. We connect seniors, adults with disabilities and family caregivers to a full range of free and other community resources designed to offer you choice, improve your quality of life and respect your independence.

For more information, call Information and Assistance

Yakima County: 509-469-0500 -- ADRCYakima@dshs.wa.gov

Kittitas County: 509-925-8765 – ADRCKittitas@dshs.wa.gov

Benton/ Franklin County: 509-735-0315 – ADRCBenton-Franklin@dshs.wa.gov

Walla Walla County: 509-529-6470 – ADRCWallaWalla@dshs.wa.gov

Columbia County: 509-382-4787 -- ADRCColumbia@dshs.wa.gov

Garfield County: 509-843-3563 – ADRCGarfield@dshs.wa.gov

Asotin County: 509-758-2355 – ADRCAasotin@dshs.wa.gov

www.ALTCwashington.com