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Brain Health Steps to a Healthier Brain

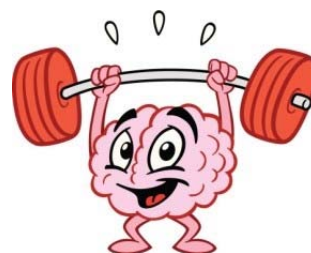


The brain is the most complex organ and one of the most important organs in the body. The brain controls every aspect of a person and it is constantly changing with age, and mental function changes with it. One's lifestyle has a very large impact on brain health. The Cleveland Clinic notes Six Pillars of Brain Health to set you in the right direction:

1. **Physical Exercise** – Get Moving: Exercise improves blood flow and memory, as well as stimulates chemical changes in the brain that enhance learning, mood and thinking.
2. **Food and Nutrition** – Eat Smart, Think Better: Foods rich in antioxidants can help fend off the harmful effects of oxidation in the brain caused by harmful stress from lifestyle and environmental factors.
3. **Medical Health** – Control Medical Risks: Hypertension diabetes, obesity, depression, head trauma, higher cholesterol (especially LDL), smoking and excessive alcohol use all increase the risk of dementia.
4. **Sleep and Relaxation** – Rest Well: Sleep energizes, improves mood, the immunes system, and may reduce buildup of an abnormal protein called beta-amyloid plaque, which is associated with Alzheimer's disease.
5. **Mental Fitness** – Your Mind-Use it or Lose it: Mental exercise is just as

important as physical exercise. Mental exercises may improve brain function and promote new brain cell growth (neuroplasticity).

6. **Social Interaction** – Stay Connected: Studies have shown that those with the most social interaction in their community experience the slowest rate of memory decline.



An article written by Harvard Health Publishing at Harvard Medical School also adds:

- **Low-dose aspirin** – Some observational studies suggest that low-dose aspirin may reduce the risk of dementia, especially vascular dementia.
- **Protect your head** – Moderate to severe head injuries, with or without diagnosed concussions, increase the risk of cognitive impairment.

We practice “preventative maintenance” for our cars, houses, appliances, etc. When we fail at maintaining material things, they can be replaced; if we fail at maintaining our brains, there is no way to replace what is lost. Think about that.

Email us topics or specific questions that you would like us to cover.

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The following websites were referenced for this article:

<https://healthybrains.org/pillars/>

<https://brainhealth.nia.nih.gov/>

<https://www.health.harvard.edu/mind-and-mood/12-ways-to-keep-your-brain-young>



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