

The Latest Insights Into Keeping Your Brain Young & Lowering Risk For Dementia

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Pop Quiz!

Six Random Things

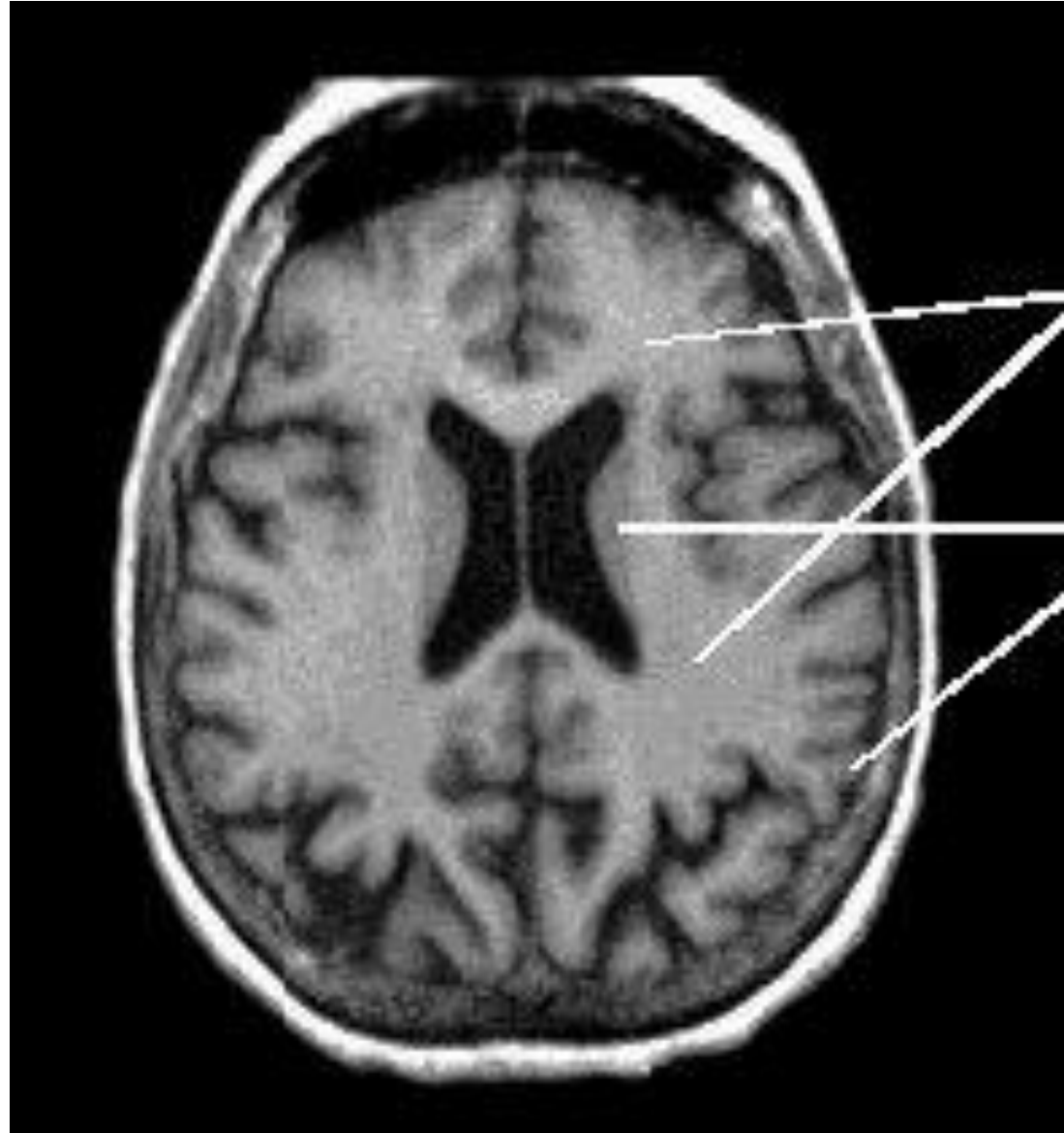
- 1. Magnet
- 2. Chocolate
- 3. Blanket
- 4. Chapstick
- 5. Apple
- 6. Pants

Memory of Loci

How Old Is
Your Brain?



Brain Age



6				2				9
	1		3		7		5	
		3				1		
	9						2	
2			8	7	5			3
		5		1		4		
	7			8			9	
		1		4		8		
			2	5	9			

This Week’s Crossword Puzzle

ACROSS

1 Leather for horing

6 Thumbs through

11 Jellybean shapes

16 Downright mean

21 Red pepper pod

22 “-vinct ante”

23 Almost confection

24 Lazy one

25 Chavens

26 Theater awards

27 Slur together

28 Thumps

29 Say phrase

30 Investment

32 Destroy documents

34 Used a blender

36 Tijuana coin

38 Hot tub wood

40 Movie with a saloon

42 Running late

43 Thinks ahead

45 Whitman and Kelly

47 Sharp

49 Hockey team

52 Crystal of country

53 Emporium

54 Handy aide

57 Born there

58 Like John Wayne

59 Aberdeen kid

60 Bona fide

61 Speedily

62 Dutch export

63 Enticed (2 wds.)

64 Zippo’s brother

65 Car’s coat

66 “Help Me...” (Beach Boys song)

68 Teutonic war god (var.)

69 -- up (paid)

70 Athena’s domain

72 ABA mem.

73 Jeweler’s unit

74 Rambles

75 Davis of “Do the Right Thing”

77 Minireels

78 Not cling (2 wds.)

79 Xerxes subject

82 Rooms under a roof

83 Limp-watich painter

84 Porcelain vase

88 Choose as a successor

89 Dry toast

90 Athena’s domain

92 Rumor, perhaps

93 Ratty

94 High-Q group

95 Orchestra section

96 UFO passenger

98 Ladder part

99 Roly poly

100 Good, to Juan

101 Comfort

102 Family nickname

103 Galahad’s weapon

104 Birdbath slime

105 Mardi Gras doings

106 Chain dancer

107 Rely on

108 Durable fabric

109 Sicken off

111 Smoke column

113 Huge crowd

115 St. Louis tourist attraction

119 Blaa neighbor

121 Popped up

123 Has on

125 Cyclops had one

126 Moreno and Hayworth

127 Alma --

129 McEwen foe

131 Dwaile, in Dijon

133 Curie daughter

134 Release rival

135 Attack on a castle

136 Europe-Asia divider

137 Butte cousins

138 Shell out

139 Finished up

140 Doctrine

DOWN

1 Cancel, as a project

2 This and that

3 Hockey venues

4 Dilapidated

5 Loathing Tower town

6 Unlaces

7 Mounts gems

8 Ekberg or Lous

9 “... upon this quiet life!”

10 Back talk

11 On surgery

12 Parking attendants

13 Stage whisper

14 Inc. cousin

15 Leak slowly

16 Common fertilizer

17 Roman loyal

18 Fishbaited

19 Singer Pendergrass

20 Birthday mo.

21 False alarm

23 Hall decker

25 Driving-test feat (hyph.)

27 Filter -- cable

29 “Gonilas in the Mist” setting

31 Share

32 Dni missa zevi

34 Crowbar

36 Joan-Axel heroine

38 Field crop

39 Foul-up

40 On the blink

41 Video-game pioneer

42 Louf

43 Nobellet from Egypt

44 Hair-raising

45 Slender candle

46 Lumps of clay

48 Carls

49 Alpha followers

50 Haphazard

52 Was admitted (2 wds.)

53 Earls and viscounts

54 -- Kong

57 Laces into (2 wds.)

58 Pungs on a frog

59 Grill locale

61 Tailing

63 “The Castle” author

64 Uses a blowtorch

66 Rig function

67 Name for a cow

68 Rodeo prep

69 Trouser purchases

70 Ho-hum feeding

71 Reddish-brown horses

72 Pounce

73 Ms. Keaton

75 Homer opus

76 Brother’s daughter

77 They may be spliced

79 Baggage handler

80 December door decor

81 Kiss language

84 Bean-sprouts bean

85 Moths and ants

87 Alpaca kin

89 Discussion group

90 Rhythm and --

91 More sensible

93 Water lilies

94 Like a knight

95 Went taking

96 Bathroom

97 Soap server

98 Deepen, as a canal

99 Ignited

100 Chomps down

102 Starbuck’s order

104 Held title to

106 Placed the same ad

107 Dishwasher phase

108 Bank job

110 Iowa college town

112 Failing that

114 Bit of soot

116 Crater edge

118 Deadly snake

120 Before, to Blake

Sudoku or
Puzzles???

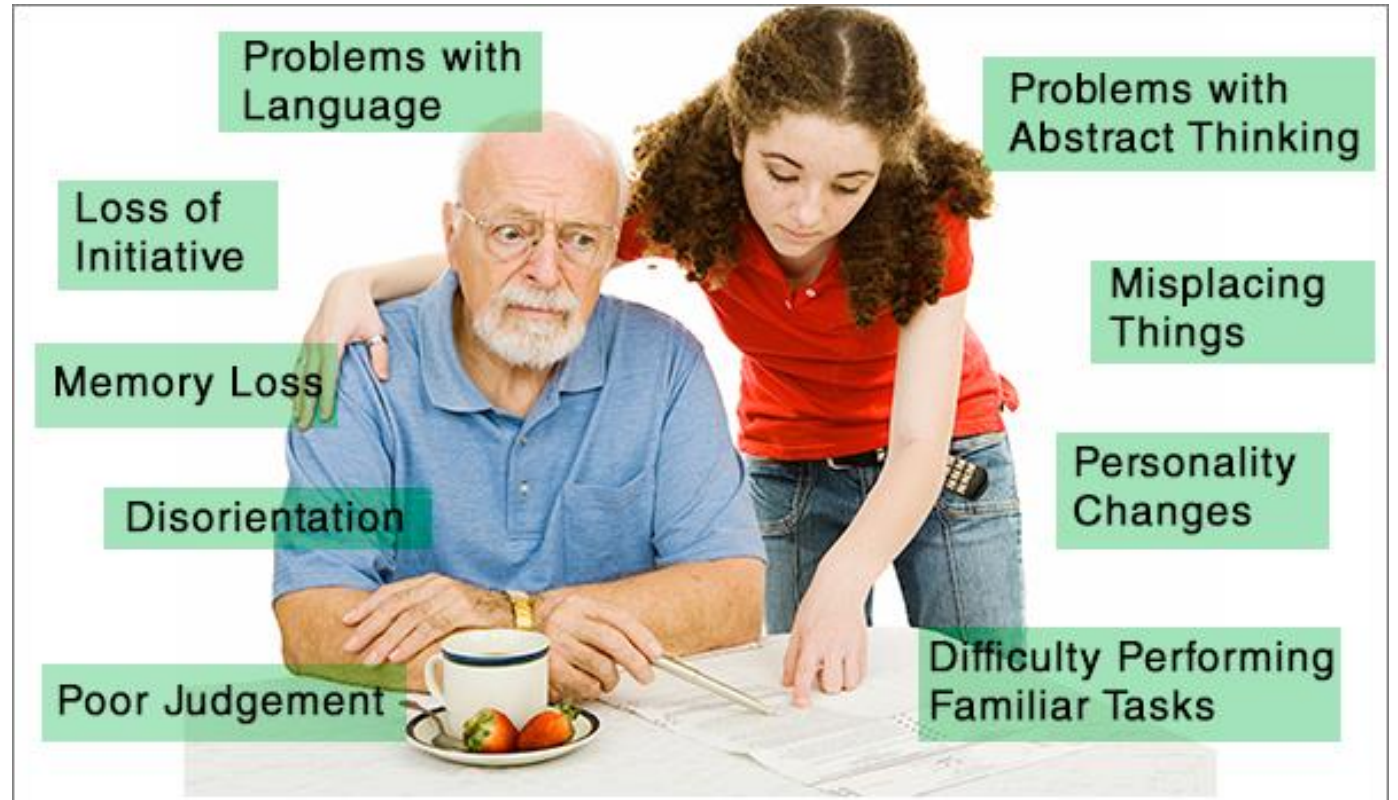
Brain
Games??

The 8 Surprising Things That Will Really Make A Difference



Senility?

What Is Dementia?

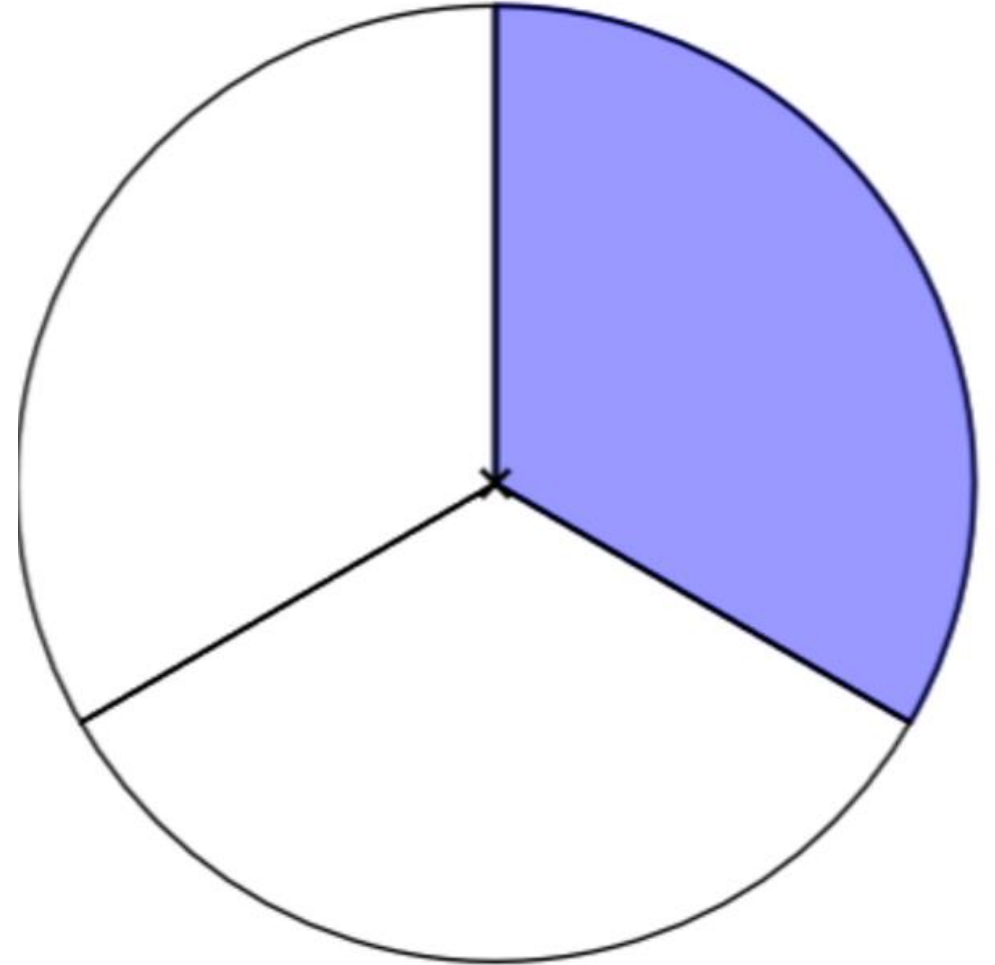




Dementia Is Like A Wave....

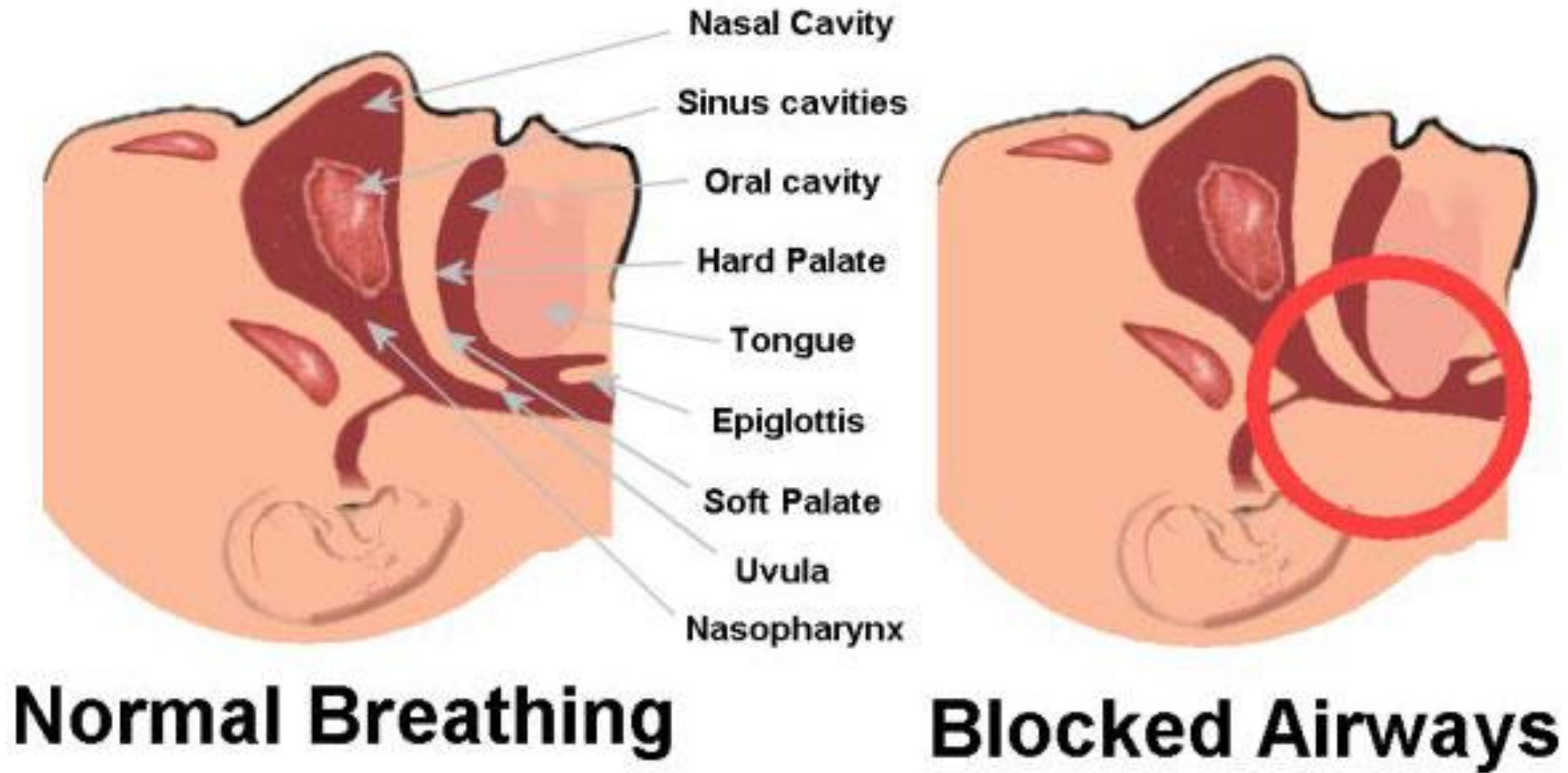
1/3 of All Dementia Is Preventable

- 47 million people have dementia worldwide
- 115 million by 2050.
- What are key factors in preventing dementia and brain aging?



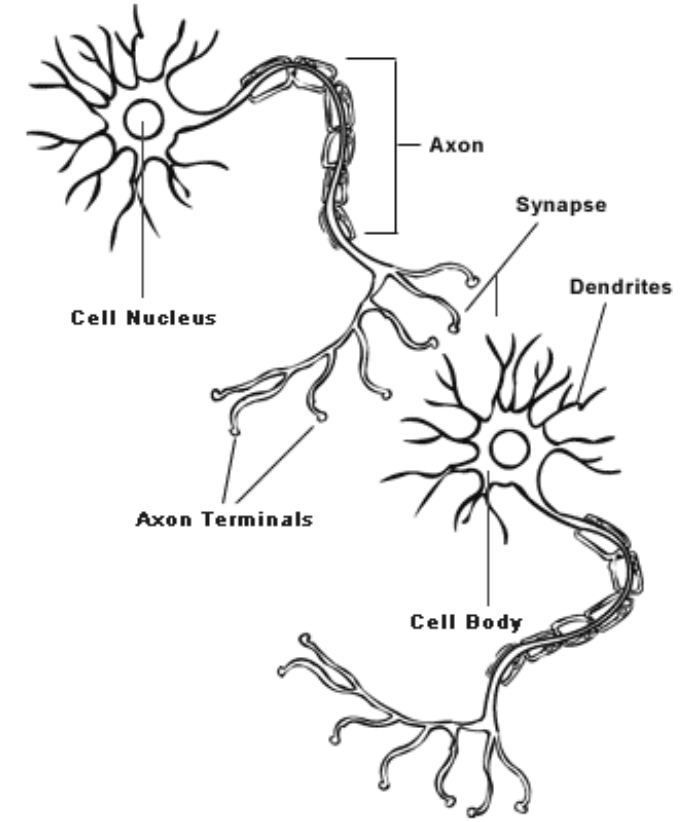
If Someone Is Having Memory Issues

Do You Have Sleep Apnea?



How Are Sleep and Memory Related?

cottage / swiss / cake
cream / skate / water
show / life / row

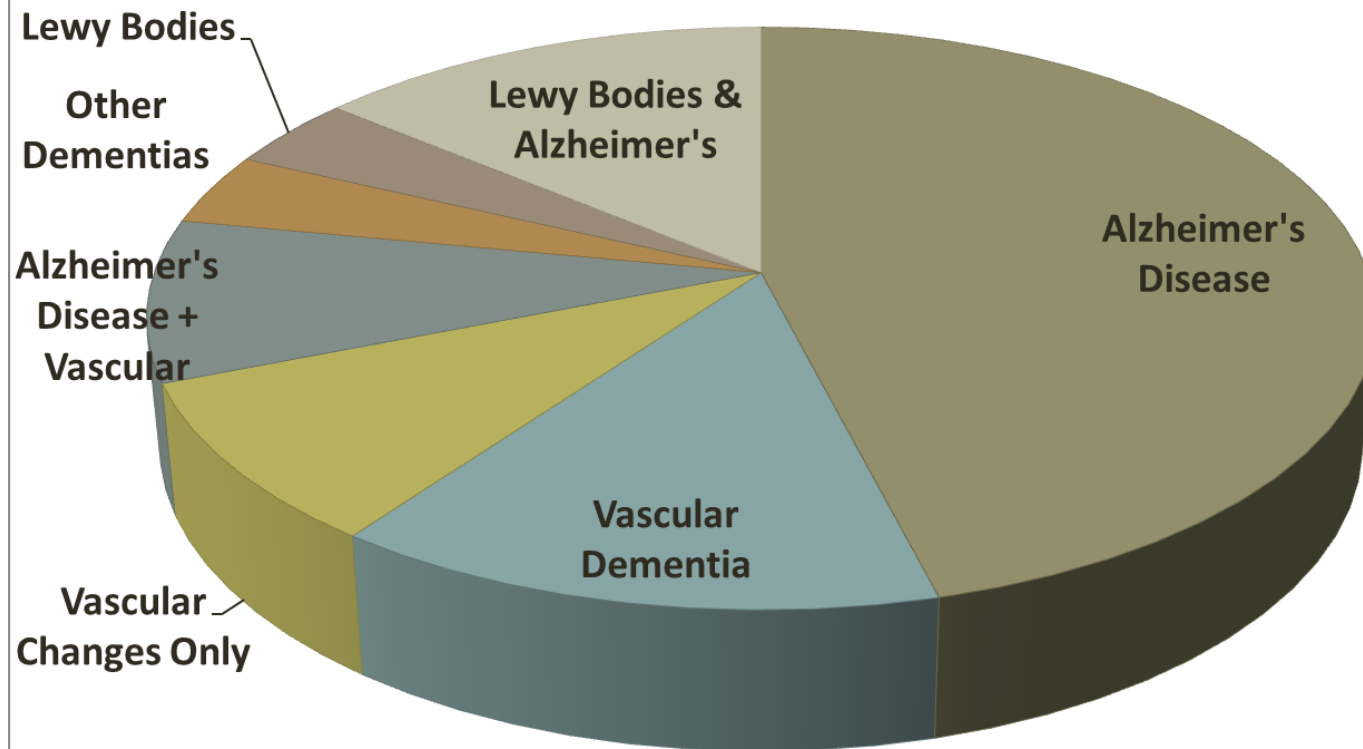


What Happens In Your Brain When You Learn Something
During The Day.....

Alzheimer's Disease

- What is the difference between Alzheimer's disease and dementia?

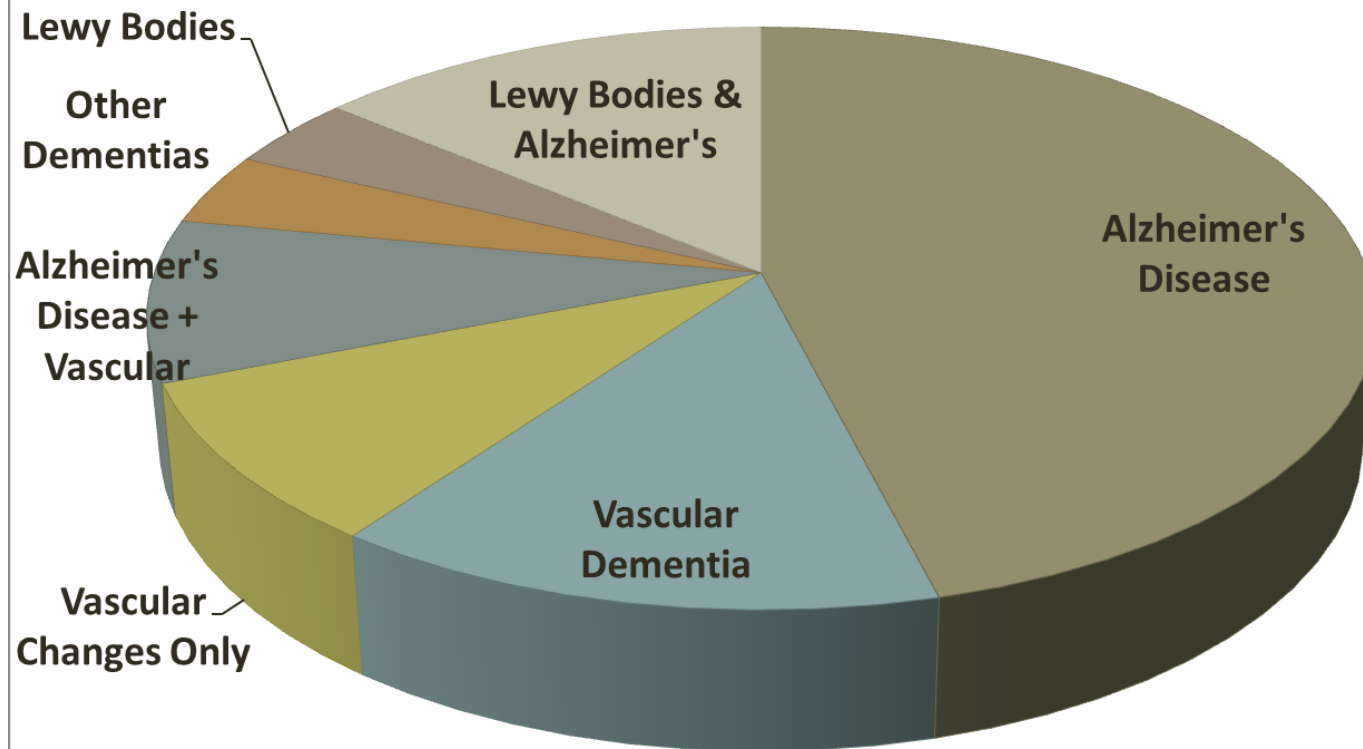
Diseases Causing Dementia



What
Can Cause
Dementia?

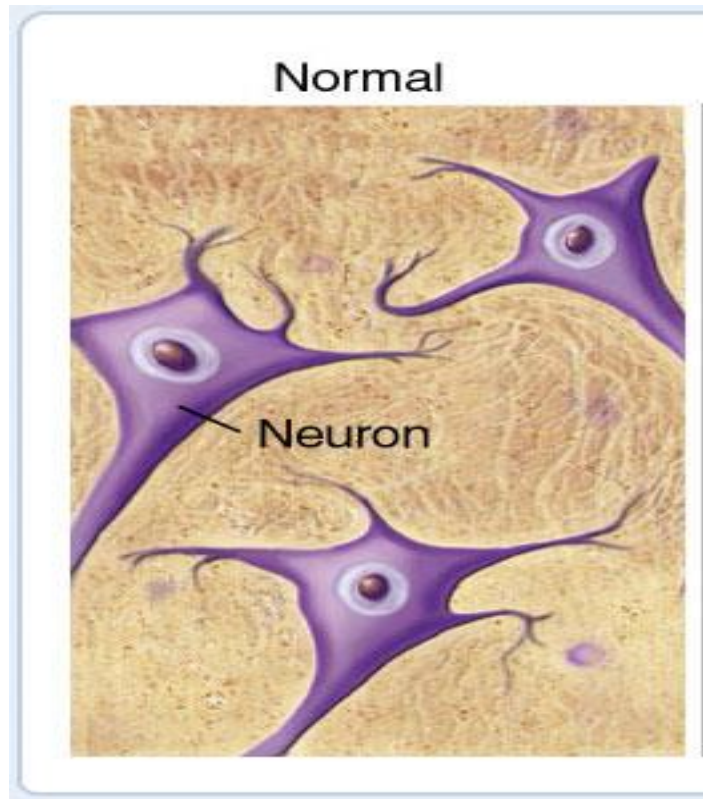
Why Is It Worth Knowing The Underlying Cause?

Diseases Causing Dementia

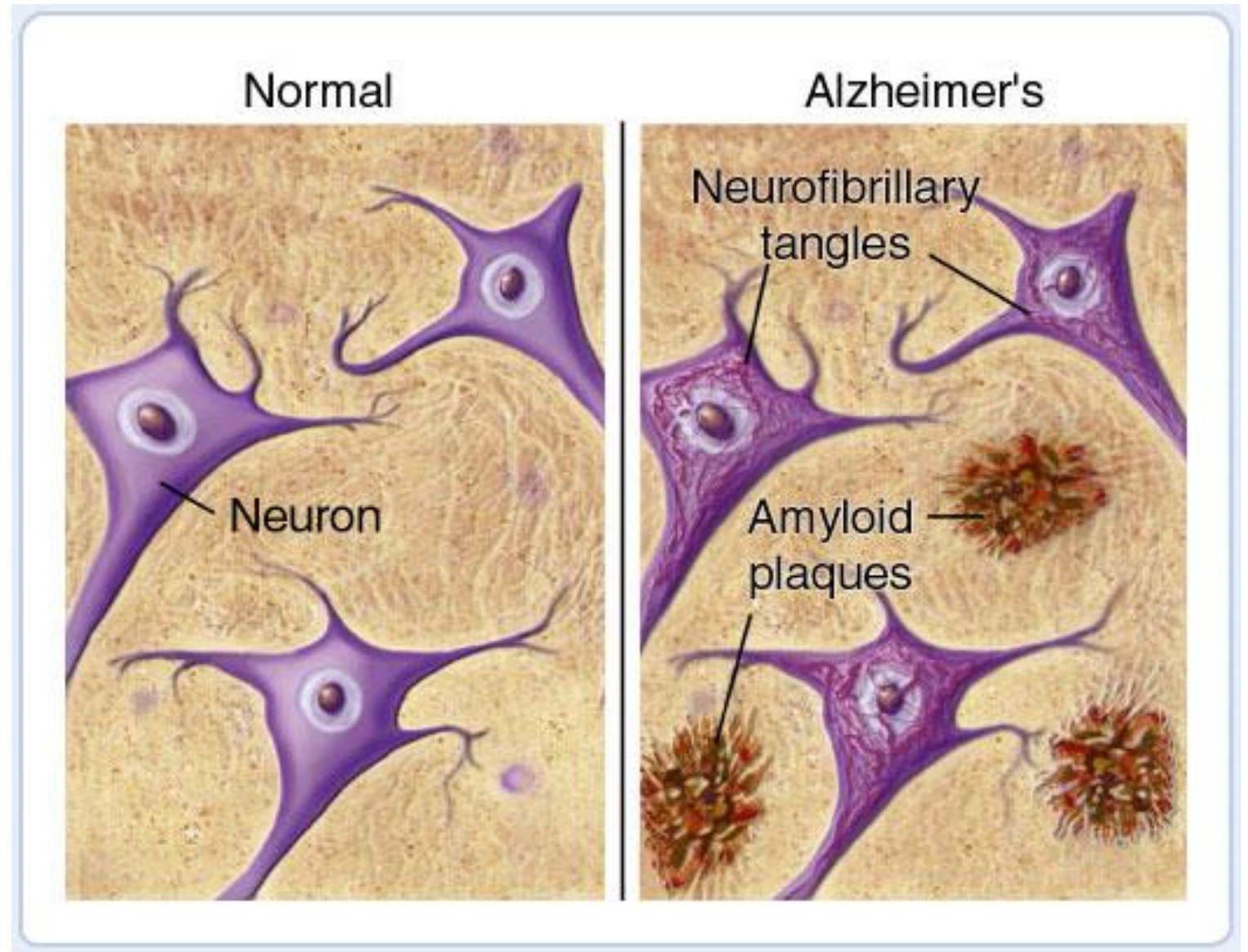


Approximately
20% Of
Dementia Is
Quickly
Treatable

Brain Cells Are Like Factories



What Can Trash Interfere With?



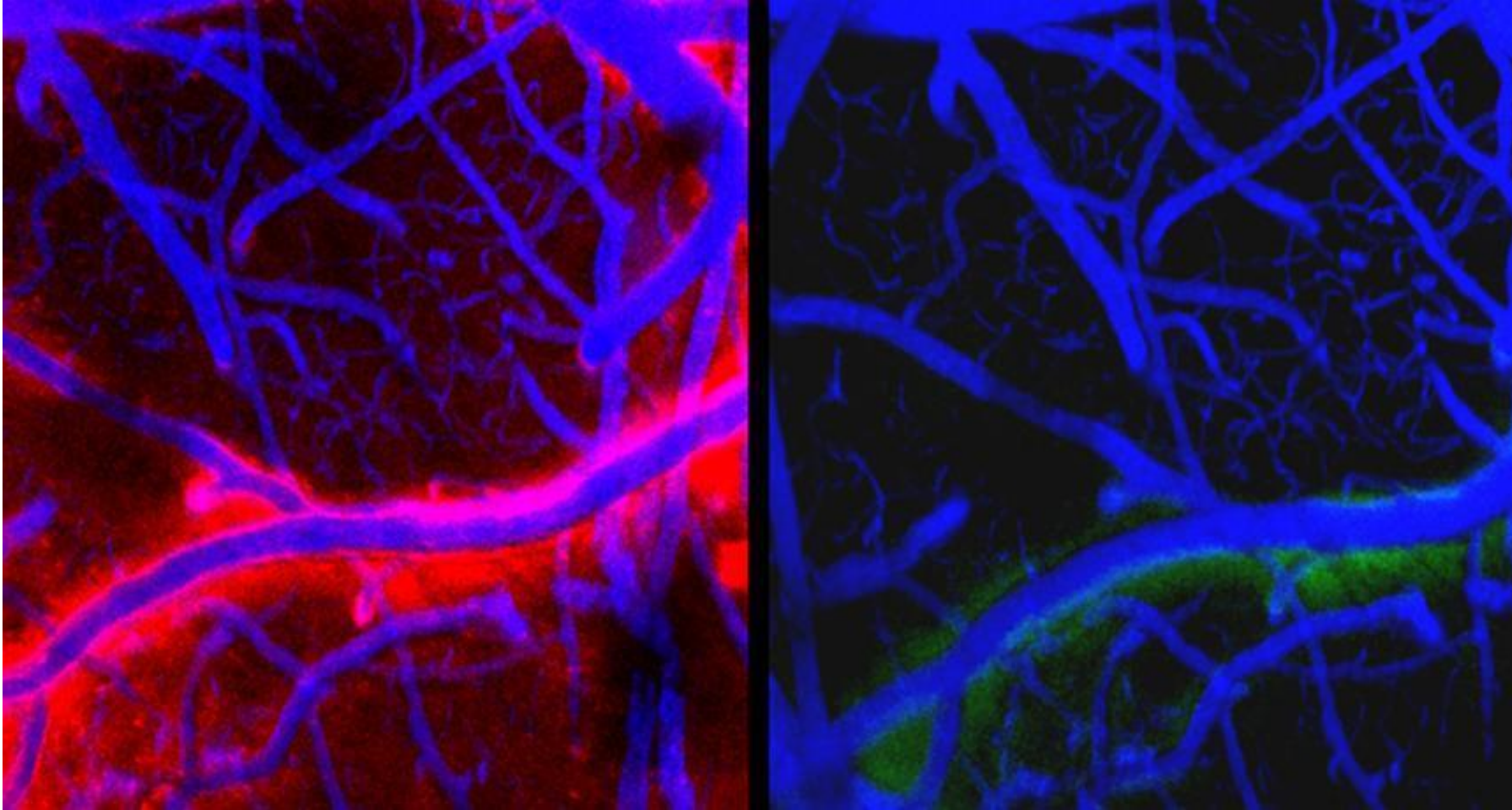
New Insight:

When Does Your
Brain Take Out The
Trash?

But First, How
Much Trash Do We
Make?



Brain Wash



While you are sleeping your brain shrinks by 60% and squeezes toxins out of your brain cells and gets a wash!

Over The Counter Sleep Aids



A Just Published Study

High Cognitive
Performance at
Age 100.

What's their
secret??

Genes???

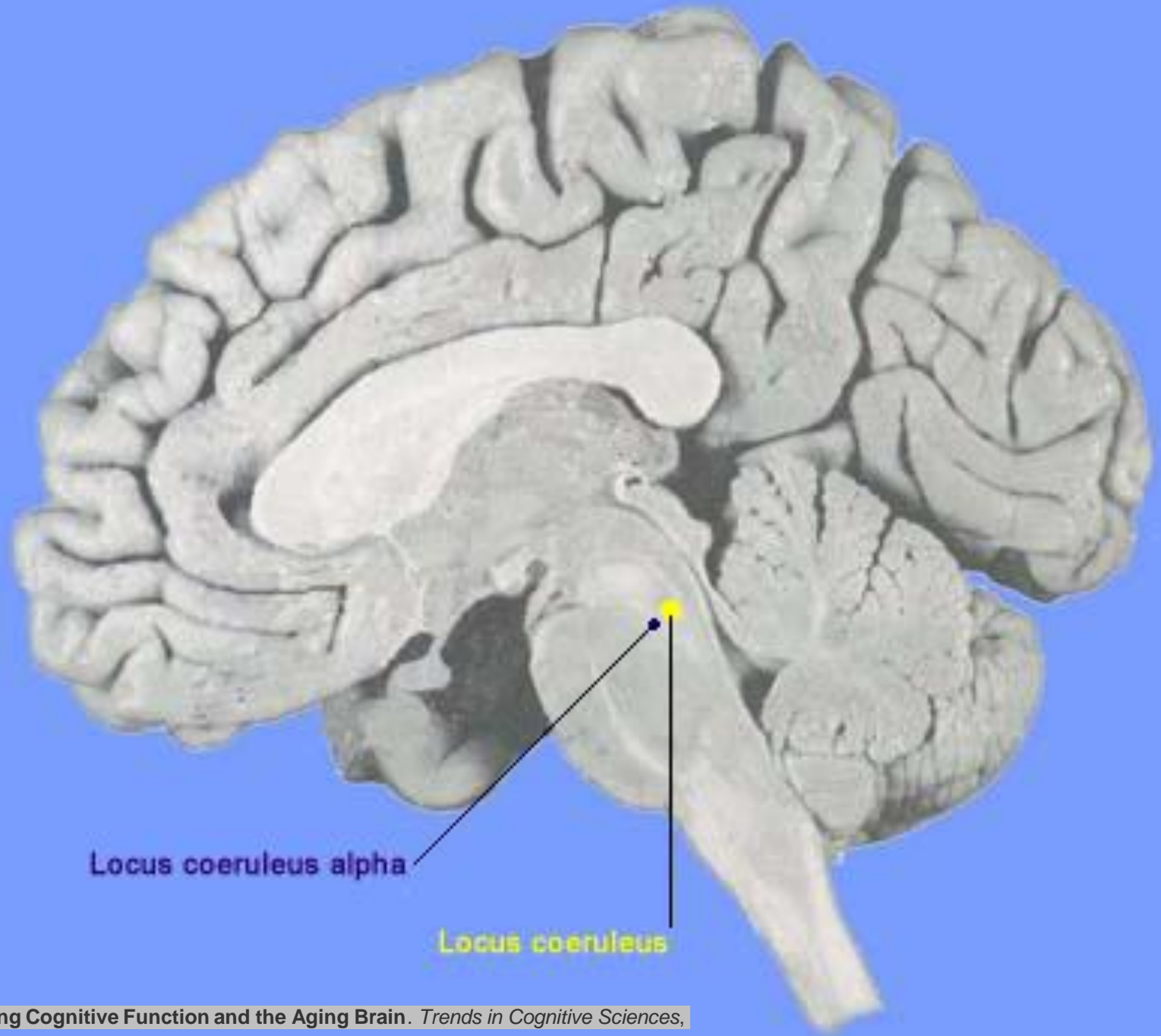


Exercise Your Brain & Learn New Things

- Challenging
- Something you enjoy!



Scientists identify 'ground zero' for Alzheimer's disease



Isolated and Loss of Social Contact



A Revolution In Our Understanding

Another Way To Get Rid of Brain Trash?

What Do Microglia Do?



Keep Inflammation Low

Effectively treat diseases that cause inflammation.

Ask your personal Doctor about checking inflammation. (CRP markers)

3. What else?

Brush Your Teeth (Gingivitis)

- The bacteria produces a protein that destroys nerve cells in the brain, which in turn leads to loss of memory and ultimately, Alzheimer's.
- Take home message?





Does Diet Matter?

Martha Clare Morris, Christy C. Tangney, Yamin Wang, Frank M. Sacks, David A. Bennett, Neelum T. Aggarwal. **MIND diet associated with reduced incidence of Alzheimer's disease.** *Alzheimer's & Dementia*, 2015

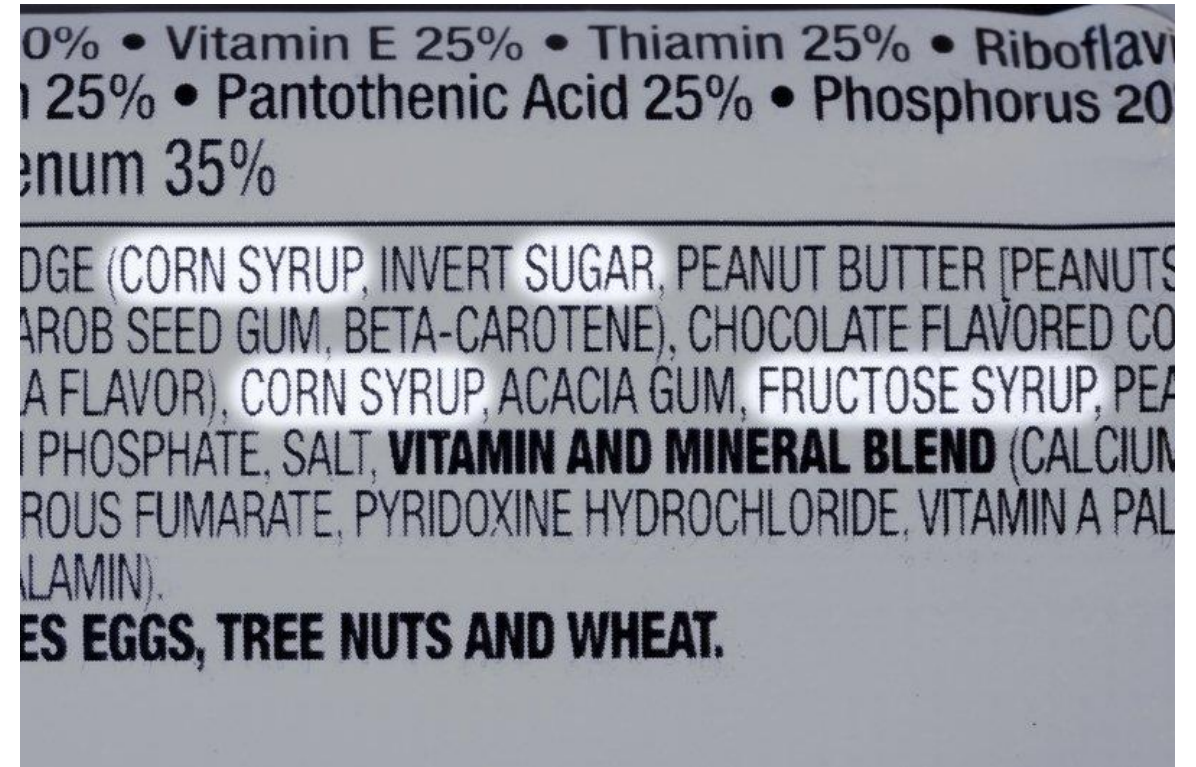
The Mind Diet

Include These
<ul style="list-style-type: none">• Green leafy vegetables: every day• Other vegetables: at least once per day• Nuts: every day• Berries: at least twice per week• Beans: every other day• Whole grains: three times per day• Fish: at least once per week• Poultry: at least twice per week• Olive oil• Wine: one glass per day

- MIND diet lowered Alzheimer's risk by about 35 percent for people who followed it moderately well and up to 53 percent for those who adhered to it rigorously.

Fructose Causes Inflammation (2021 Study)

- Fructose is commonly found in sugary drinks, sweets and processed foods and is used widely in food production.



Just Published: How Many Servings of Fruits and Vegetables?



9% of US adults eat the suggested servings of vegetables

12% eat the recommended amount of fruit

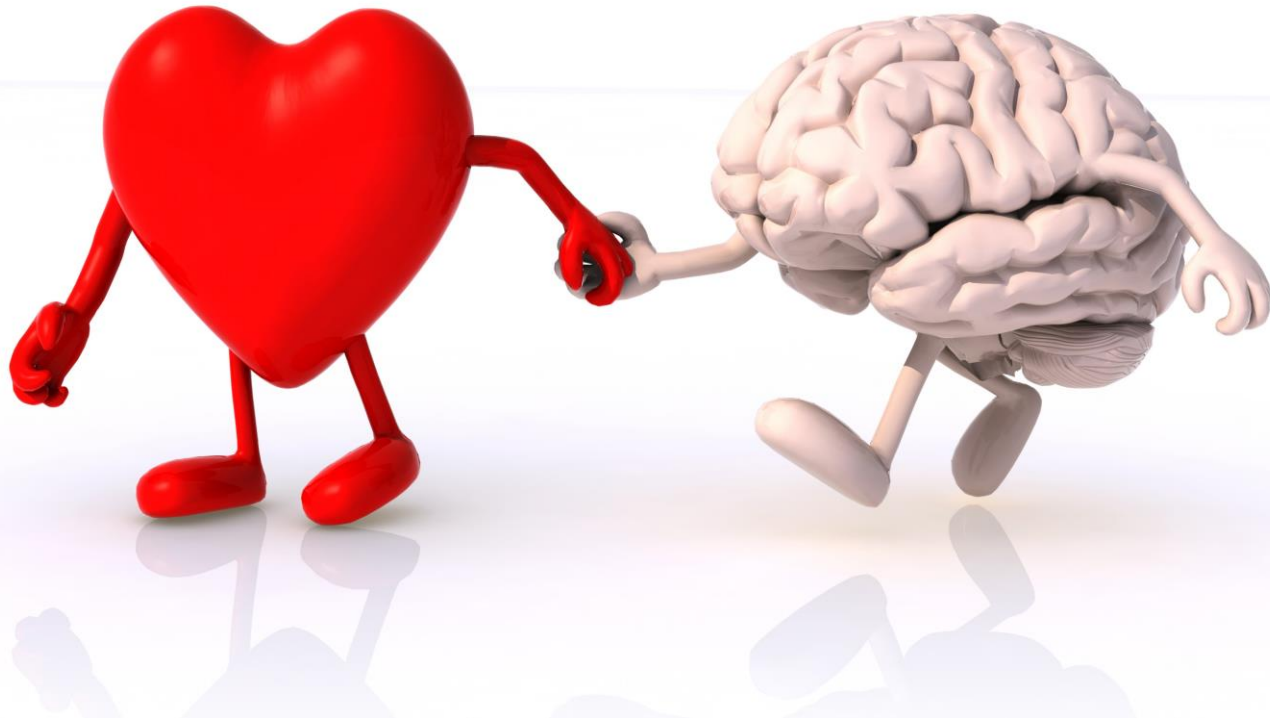


Benefits Found in Green leafy vegetables rich in beta carotene and vitamin C

- Spinach
- Leafy green lettuce
- Kale
- Carrots



Berries, Apples and Citrus (Vitamin C)



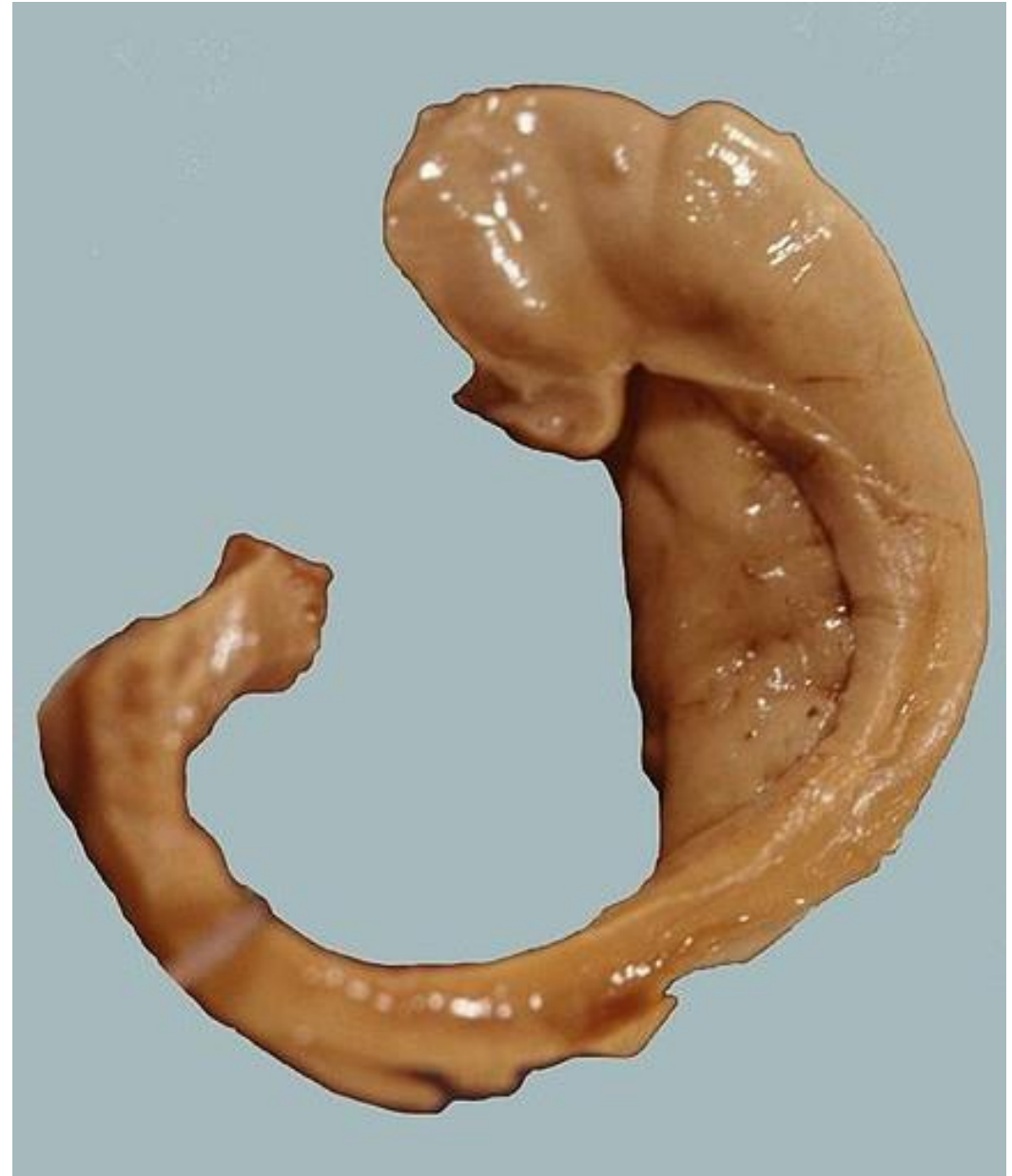
All Things Heart Health Impact Brain Aging.....

- 1. High or Low Blood Pressure
- 2. Obesity
- 3. Smoking

Have You Had
This Happen?



What Does Hippocampus Do?



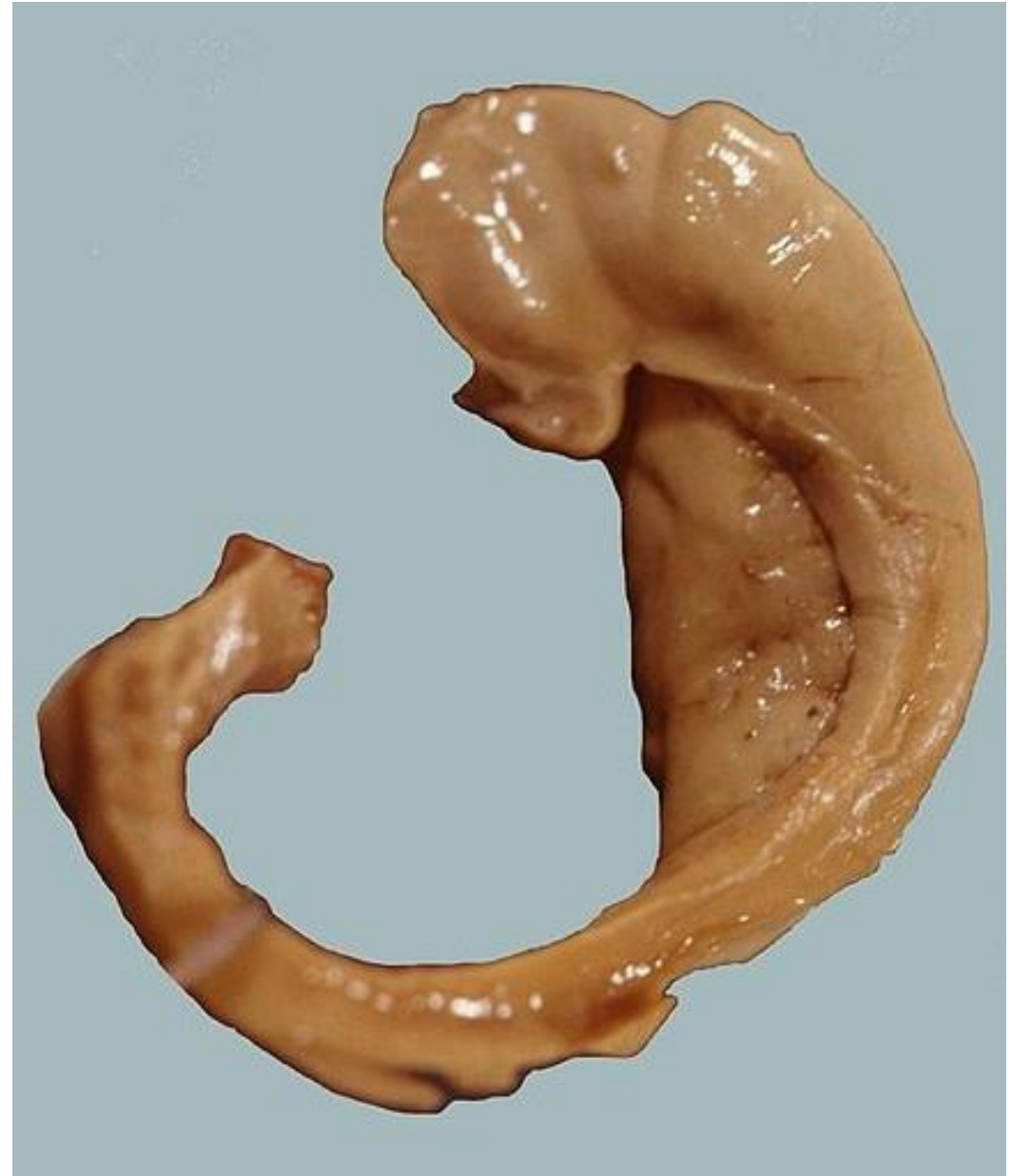
What is
happening to your
hippocampus???





Multi-tasking Can Be Multi-distracting

Keep
Hippocampus
Healthy and
Make It Grow



The Most Detailed Study Ever Done On The Effect of Lifestyle on The Risk of Getting Dementia

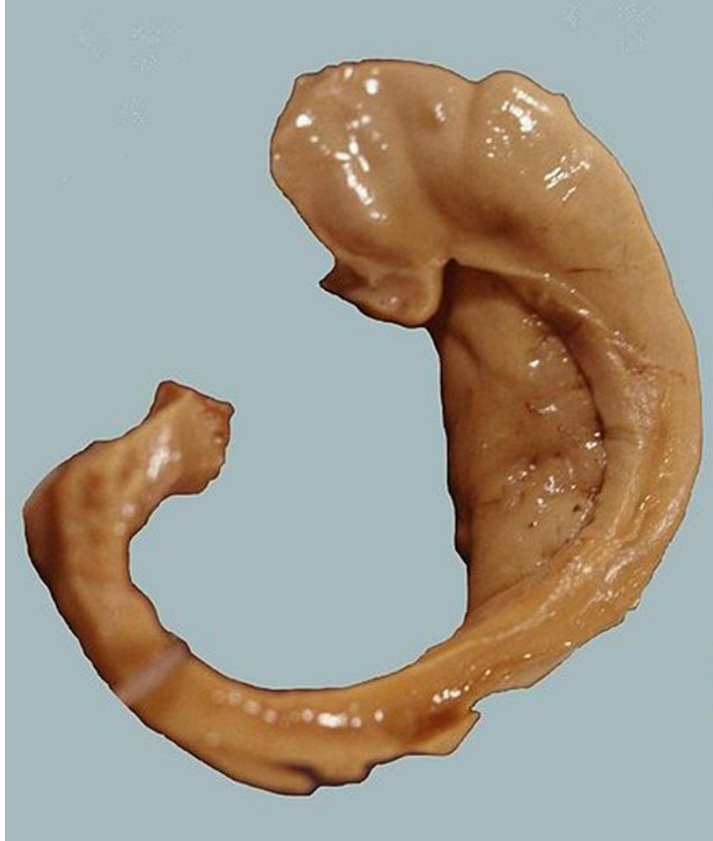
- Researchers followed 2,235 individuals with initial ages between 45 and 59 years old—for 30 years.
- Reduced their risk for cognitive decline and dementia by a staggering 60%.....



Approximately 30-40 Minutes Of
Walking
A Day

Doesn't Need To Done All At The
Same Time

Stress and Brain Aging? The Surprise.....



Stress and Nature:

A Couple Minutes of Green Time:



Marselle Melissa R., Irvine Katherine N., and Warber Sara L. **Examining Group Walks in Nature and Multiple Aspects of Well-Being: A Large-Scale Study.** *Ecopsychology*, September 2014 DOI: [10.1089/eco.2014.002](https://doi.org/10.1089/eco.2014.002)

Exercise Is Medicine For The Brain

- Helps blood flow to the brain
- Helps sleep
- Helps balance immune system.
- **How much exercise?**



1.S Matura, J Fleckenstein, R Deichmann, T Engeroff, E Füzéki, E Hattingen, R Hellweg, B Lienherth, U Pilatus, S Schwarz, V A Tesky,

2. L Vogt, W Banzer, J Pantel. **Effects of aerobic exercise on brain metabolism and grey matter volume in older adults: results**

3.of the randomised controlled SMART trial. *Translational Psychiatry*, 2017; 7 (7): e1172 DOI: [10.1038/tp.2017.135](https://doi.org/10.1038/tp.2017.135)

How Much Exercise?



What About Taking The Stairs?



When Is A Good Time To Take Walks?



Unmanaged Diabetes increases a person's risk of Alzheimer's by 65 percent.

What If Diabetes Is Treated? What Happens To AD Risk?



Intervention Results

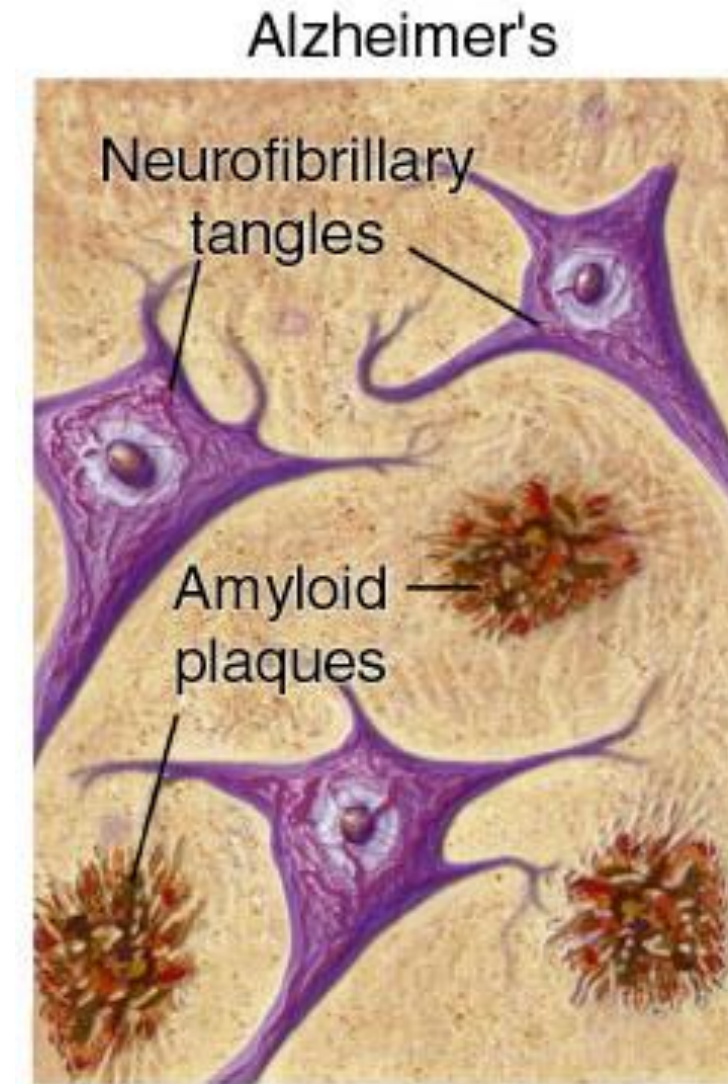
- Overall test scores in the intervention group were **25% higher** than in the control group.
- For executive functioning scores were **83% higher** in the intervention group
- Processing speed was **150% higher**.
- FINGER and Weill – Cornell Study.

The Important Piece of Paper

- For your personal doctor
- **Inflammation:** (CRP)
- **Heart:** (Homocysteine, Cholesterol and Blood Pressure)
- **Diabetes:** hemoglobin a1c



When Does Trash Form In The Brain?





Dementia Is Like A Wave....



A Surprising
Insight



Multi-Hit:

In Most People:
Accumulation of
Risk Factors





Can We Reverse Aging In The Brain At Any Age?

- Most “Bang For Your Buck” Activities
- Can we beat exercise???



Dancing vs Treadmill/Stationary Bike

- Key point.....
- Why dancing?
- At any age we can make our brain younger.

The Best Things You Can Do For Your Brain

We Have 8 Major Tips

- Sleep
- Be Socially Engaged and Learn New Things
- Keep Inflammation Low
- Manage Stress
- MIND Diet
- Moderate Exercise/Walking
- Treat Diabetes
- Take Care of The Heart

These 4 Make A Big Difference

- Sleep
- Get Regular Physicals (Heart, Inflammation, Diabetes)
- Have Fun Mentally and Physically & Learn New Things
- Eat Real Food