



Be Well MD
Your Doctor. Your Schedule. Your Place.

Mental Fitness: How to Preserve Brain Health and Steer Clear of Cognitive Pitfalls

Mark Carlson, MD

Introduction

What is mental fitness?

Warning Signs of Cognitive Decline

1. Memory Loss Affecting Daily Life
2. Difficulty Planning or Problem Solving
3. Confusion with Time or Place
4. Struggling with Conversations

Recognizing When to Seek Evaluation

Okay to Ignore

1. Occasional Forgetfulness
2. Slower Processing
3. Minor Attention Issues

Make Appointment for Cognitive Assessment

1. Memory Loss is Disruptive
2. Difficulty Performing Familiar Tasks
3. Problems with Language
4. Poor Judgment in Decision-Making

Cognitive Pitfalls to Avoid

1. Chronic Stress
2. Lack of Sleep
3. Sedentary Lifestyle
4. Unhealthy Habits (Diet, Smoking, and Alcohol)
5. Multitasking and Information Overload

FINGER Study

- Finnish Geriatric Intervention Study to Prevent Cognitive Impairment and Disability
- Professor Miia Kivipelto
- Demonstrated that a **multidomain lifestyle intervention** could significantly reduce cognitive decline in older adults at risk of dementia

Proactive Strategies for Maintaining Brain Health

Develop a Cognitive Reserve

1. Sleep
2. Engage in Lifelong Learning
3. Balanced Diet for Brain Health
4. Exercise
5. Social Interaction
6. Technology and Tools for Cognitive Support

For more on Aging with Purpose

Call anytime to continue this conversation
402-429-7448

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