

Healthy News -- Alzheimer's & Brain Awareness Month

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PROMOTE June is Alzheimer's & Brain Awareness Month. This month helps raise awareness about Alzheimer's disease and other forms of dementia. It reminds us to learn the warning signs, support people with memory loss, and care for brain health at every age.

PREVENT Alzheimer's is not a normal part of aging. There is no sure way to prevent it, but healthy habits may help lower the risk of memory loss and thinking problems.

Healthy habits for the brain include:

- **Keep your mind active** – Read, do puzzles, learn new skills, or enjoy hobbies.
- **Manage health problems** – Control high blood pressure, diabetes, and cholesterol.
- **Stay social** – Spend time with family, friends, and community groups.
- **Sleep well** – Try to get quality sleep each night.
- **Exercise often** – Physical activity helps blood flow to the brain.
- **Eat healthy foods** – Choose fruits, vegetables, whole grains, lean proteins, and healthy fats.

These daily habits can help support brain health over time.

PROTECT Alzheimer's disease is the most common type of dementia in the United States. There is no cure yet, but finding it early and making healthy choices can help.

Know the Warning Signs

Talk with a healthcare provider if you notice:

- Memory loss that affects daily life
- Confusion about time or place
- Trouble doing familiar tasks
- Trouble finding words
- Poor judgment
- Changes in mood or personality

Support Matters Caring for someone with Alzheimer's can be hard. Caregivers should ask for help, take breaks, and use local support services.

Questions: Talk to a healthcare provider or contact South Heartland District Health Department, 606 Minnesota Ave, Hastings, NE, 402-462-6211.

Sources: Centers for Disease Control CDC; Alzheimer's Association

