

WAYS TO MAINTAIN YOUR BRAIN HEALTH

Avoid tobacco



Avoid brain injury
(seat belts, helmets, follow traffic rules)



Control blood pressure



Control sugar



Control cholesterol



Healthy balanced diet



Exercise daily



Control/ treat stress, depression and anxiety



Adapted from: Alzheimer's Association. Brain health. 2009



WORLD FEDERATION OF NEUROLOGY

An Aging Brain Can Be a Healthy Brain!



World Brain Day
22nd July, 2016

Brain Health in an Aging Population

800 million are older people in 2016,
expected to be **2 billion** by 2050.

STAY Mentally, Physically & Socially Active
KEEP your BRAIN HEALTHY

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AGING POPULATION

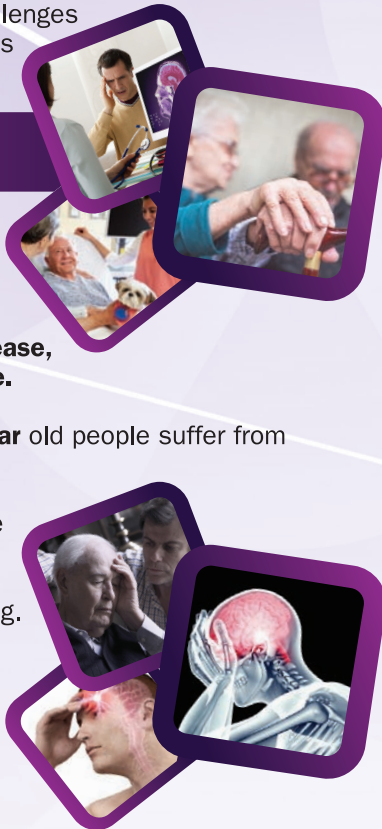


- Global share of older people (age more than 60 years) is more than **800 Million** (12%).
- Expectation to reach more than **2 billion** (21%) **by 2050**.
- **By 2025**, 80% of older population will be living in less developed countries.
- Older persons are projected to exceed number of children in **2047**.
- Prevalence of non-communicable diseases and disability increases with age.

Growing burden of diseases and disability and reducing financial and social support in the aging population will be one of the greatest challenges for societies & governments in coming years.

BRAIN DISEASES IN AN AGING POPULATION

- Three neurological diseases are more common in the aging population including: **Stroke, Alzheimer's Disease, and Parkinson's Disease**.
- More than 30% of **80 year** old people suffer from neurological diseases.
- It is estimated that more than 20% of **60 year** old people need support for activities of daily living.
- It is estimated that almost half of the **health care** expenditure is related to care of older persons in developed countries.



WORLD BRAIN DAY 2016: THEME "BRAIN HEALTH IN AN AGING POPULATION"

- The WFN's has stepped forward to dedicate this year's **World Brain Day** to the aging population.
- The WFN's intention is not just to **celebrate a day** but to increase awareness about **treatment and prevention** of brain diseases affecting the elderly population.
- The WFN's wants to **improve concepts** and means of brain health among the young population.

Brain damage could be prevented or slowed down and quality of life could be improved for the elderly if targeted early in life.



UPGRADE YOUR BRAIN: LIFE STYLE FOR BRAIN HEALTH ACROSS ALL AGES

Stay mentally active by staying curious and involved and committing to lifelong learning:

Read, write, work puzzles, attend plays or lectures, play games, garden, or pursue memory exercises. Remain socially active, engage in social and leisure activities by volunteering, traveling, or joining social clubs.

Stay physically active:

Engage in activities such as walking, bicycling, gardening, tai chi, yoga, and other activities. Avoid head injuries.

Adopt a brain-healthy diet:

Include antioxidant-rich foods. Keep body weight, blood pressure, cholesterol and blood sugar under control.

