

# QuadMed Wellness News

## Brain Health Awareness

You know it is important to keep your body healthy, but did you know it is just as important to keep your brain healthy? Your brain needs activity and good nutrition to stay in top shape, just like your body. As you age, you may find increased difficulty finding words, multitasking or struggle to pay attention. Don't worry! The brain is remarkable and can still learn new things, create new memories and improve your vocabulary. Following simple steps such as staying active – mentally and physically – and eating right can help.

Protect your brain's health:

- **Take care of your overall health.** More than any single activity, maintaining an overall healthy lifestyle has been linked to maintaining and improving brain health.
- **Eat nutritious foods.** Fruits, vegetables, whole grains, fish and olive oil improve your blood vessels, thus reducing your risk for a stroke.
- **Be physically active.** Studies show exercising at least three times a week can lower your risk of dementia.
- **Keep your mind active.** Learn new things. Challenge yourself to games with strategy or high-level reading material. Try to approach a familiar task in a more effective way.
- **Stay social.** Connect with your family, friends and community. Social engagement may help ward off depression and dementia.
- **Limit your alcohol use.** Alcohol can affect your heart and growing evidence links heart health to brain health.
- **Use your medications correctly.** Seek professional help for anxiety, depression and other mental health concerns.
- **Sleep seven to eight hours per night.** Inadequate sleep can result in problems with memory and thinking.
- **Don't smoke.** Studies have associated smoking with a higher risk of Alzheimer's disease.



## What is a stroke?

Strokes are a result of brain damage. They are caused when the flow of oxygen-rich blood to a portion of the brain is blocked or if there is sudden bleeding in the brain. A stroke is a serious medical condition. If you think you, or someone you are with, is experiencing a stroke, call 911 immediately for an ambulance.

Warning signs of a stroke:

- Sudden numbness or weakness of face, arm or leg; especially on one side of the body
- Sudden confusion or trouble speaking or understanding speech
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking or loss of balance or coordination
- Sudden severe headache with no known cause
- Sudden double vision, dizziness, drowsiness or nausea

# Exercise your mind

Activities such as learning a new language, using approaching a task in a new way or challenging your reading and speaking skills can help keep your brain sharp! Get started today with these short, fun tasks.

## Non-dominant hand activities

Your dominant hand is the one you typically write, reach and eat with. Here are some simple brain challenges for using the opposite hand:

- Brush your teeth.
- Eat.
- Use the computer mouse on the other side or use your opposite hand to control your laptop trackpad, tablet or phone.
- Brush your hair.

## Tongue twisters

Around the rugged rocks  
the ragged rascal ran.

Give me the gift of a griptop  
sock: a drip-drape, a ship-  
shape, a tip-top sock.

If Stu chews shoes, should Stu  
choose the shoes he chews?

I need not your needles, they're  
needless to me; for kneeding of  
noodles, 'twere needless, you see;  
but did my neat knickers need but  
need to be kneed, I then should  
have need of your needles indeed.



## Learn a new language

English	Spanish	German	French
Hello	Hola	Hallo	Bonjour
Goodbye	Adios	Auf wiedersehen	Au revoir
Please	Por favor	Bitte	S'il vousplait
Thank you	Gracias	Danke	Merci
How are you?	¿Como estás?	Wie geht es ihnen?	Comment allezvous?
Do you speak English?	Estoy bien, ¿Y tú?	Mir geht's gut, und dir?	Je vais bien, et toi?