

# It's never too late to start living a brain-healthy life!

Based on an extensive review of epidemiological studies and animal research\*, the Institute of Medicine recommends four steps to keep your brain working well as you grow older:



Reduce vascular risk factors (like high blood pressure and cholesterol) with good diet, healthy lifestyle, and medication when necessary



Stay physically active-exercise regularly



Talk to your doctor about diseases and drugs that may impair brain function



Keep your brain lively with social and intellectual activity, and adequate sleep



## Successful Aging & Your Brain

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\*Summarized in the IOM's 2015 report, Cognitive Aging: Progress in Understanding and Opportunities for Action (The National Academies Press, Washington, D.C.)