

ABOUT THE MEMORY DISORDERS CLINIC

Located in the Central Park Medical Center in Denver, a satellite office site of UCHealth, the Memory Disorders Clinic offers top-notch clinical care to people experiencing difficulties with thinking and memory.

Specialists in behavioral neurology and neuropsychology are experts in evaluating and treating early stage memory loss, and all dementia diseases including Alzheimer's disease, Lewy body disease, frontotemporal and vascular dementias, brain injuries, and dementia arising from developmental disorders such as Down syndrome.

The Memory Disorders Clinic accepts all insurances that are accepted by UCHealth, which includes Medicare and Medicaid. Contact UCHealth Billing and Pricing at 1-866-249-6045 to find out more about insurance coverage.

To make an appointment, call our Memory Disorders Clinic. A referral from your primary care provider is encouraged but not required.

MEMORY DISORDERS CLINIC

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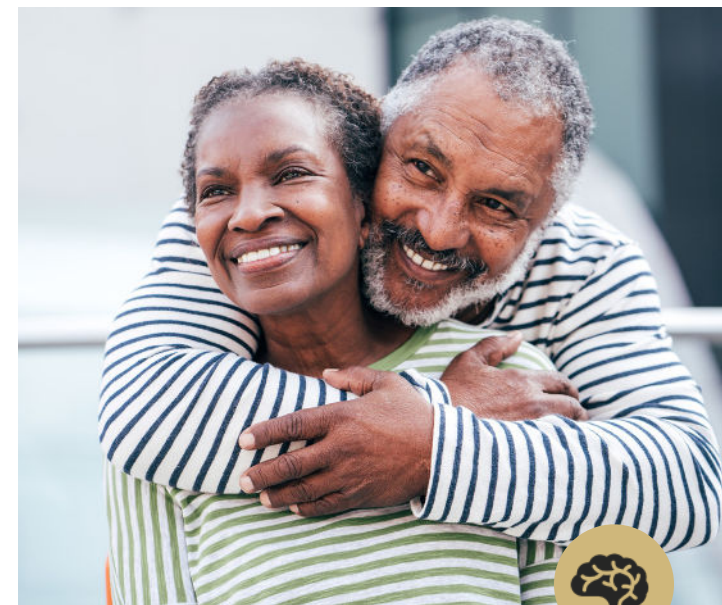
Web: cuanschutz.edu/alzheimer/clinic

CU ALZHEIMER'S AND COGNITION CENTER

The University of Colorado Alzheimer's and Cognition Center (CUACC) is located at the CU Anschutz Medical Campus and is part of the School of Medicine, Department of Neurology. Our Center offers clinical care, clinical research, and translational research through a collaboration between the University of Colorado and the University of Colorado Health System.

HEALTHY
BRAIN
AGING
- Starts Here -

Healthy Eating
Exercise Regularly
Good Night's Sleep
Manage Stress
Stimulate the Mind
Social Engagement



CONTACT US

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Alzheimer's and Cognition Center
UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS

SIX STEPS
TO BRAIN HEALTH

HEALTHY BRAIN HABITS HELP KEEP YOUR BRAIN
WORKING AT ITS BEST - YOUR WHOLE LIFE LONG!

SIX STEPS. These lifestyle changes have been shown to impact brain health and help you feel better!



GET MOVING!

Regular exercise has also been shown to be associated with reduced risk of dementia and with improvements in cognition. Exercise can also improve your mood and help you sleep better! Some good forms of exercise:

- Aerobic exercises (get heart rate up)
- Anaerobic exercises (build strength)
- A brisk walk, a swim, dancing - anything that gets you moving or makes you sweat!

If exercising is new to you, start slow with 10 minutes at a time, and build up to 30-45 minutes, 5x a week!

GET A GOOD NIGHT'S SLEEP

Besides making us feel more alert and awake, sleep can help prevent the build up of proteins involved in Alzheimer's disease and also helps us form new memories. A good night's sleep can be hard to come by. Some tips:

- Stay in bed only as long as you need to feel well rested
- Keep a regular sleep schedule - try to get up at the same time every day, no matter what!
- Keep naps brief, 45-60 minutes max
- Avoid caffeine, alcohol, and tobacco, especially in the evenings
- Don't lie awake. If you can't get to sleep after more than 10-20 minutes, get up and do something quiet (no electronic screens!)

References for the 6 steps can be found at <https://bit.ly/6stepsref>

FOLLOW THE MIND DIET

The MIND diet combines two healthy-eating programs into one - the Mediterranean diet and the DASH diet (Dietary Approaches to Hypertension).

MIND DIET DO'S:

- 3 servings of whole grains daily
- 1 leafy green and 1 other vegetable daily
- Nuts for snacks (not chips!)
- Beans/legumes every other day or so
- Berries (especially blue!) at least 2x/week
- Poultry (e.g., chicken or turkey) 2x/week
- Fish 1x/week
- An occasional glass of wine
- Olive oil

MIND DIET DONT'S (OCCASIONAL INTAKE):

Limit your intake of these designated unhealthy foods:

- Butter or margarine (less than 1 Tbsp./day)
- Sweets and pastries (5 or fewer/week)
- Whole fat cheese (1 oz, 2x/week)
- Fried or fast food (every other week)

Researchers at Rush University Medical Center, led by Martha Clare Morris, ScD, found that older adults who followed the MIND diet rigorously showed an equivalent of being 7.5 years younger cognitively than those who did not closely follow the diet. But even those who followed it less closely, meaning they followed some aspects of the diet but not all, still showed some benefit.



INCREASE MENTAL STIMULATION

Have you heard that working puzzles helps keep your brain agile? The key is to challenge yourself! Mental activities where you are interacting, like playing a game, a musical instrument, or learning a new language, appear to have protective effects on the brain. Make yourself think new-to-you thoughts, be curious, and have fun so you'll stick with it!

MANAGE STRESS

Research studies have shown that chronic stress exposure is associated with degeneration in areas of the brain also impacted by Alzheimer's disease. Also, treatable mental health conditions such as anxiety and depression can sometimes mimic dementia. By consulting a clinician, it may be possible to reverse some damage done by reducing chronic stressors.

BE SOCIAL

Your brain likes to visit! Socializing seems to reduce dementia risk according to several studies, as reported in the 2020 Lancet report on dementia prevention. Those who engaged in social pursuits had a decreased risk of dementia. Go have a chat!

