

## What you can do to Prevent Cognitive Decline

- Sleep 7-8 hours a night on a regular schedule
- Exercise at least 30 minutes a day, at least 4 days a week
- Eat healthy food, for example follow a Mediterranean diet. Avoid processed foods. Eat “real foods”. Eat fruits and vegetables daily and fish twice a week. Best are SMASH fish (Salmon, Mackerel, Anchovies, Sardines, Herring). Avoid sugar, fizzy drinks
- Stay mentally active with: Games, puzzles, reading, using a computer, socializing with other people
- Goal blood pressure of less than 140/90
- Goal body mass index (BMI) of 25 or less [Calculate BMI by dividing weight in pounds (lbs) by height in inches (in) squared and multiplying by a conversion factor of 703]
- Fasting blood sugar of 100 or less, or normal hemoglobin A1C
- If you drink alcohol drink at most one beverage a day (one 12 ounce beer, one 5 ounce glass of wine, or one mixed drink with one ounce of hard alcohol)
- Do not smoke
- Goal vitamin D level of 50-60. Formula to determine dose of supplement:  
  
Supplement (Units) = (50 minus Measured Level) times 100, or ask your physician.
- Avoid medications that can interfere with thinking, for example benzodiazepines like Xanax (alprazolam) or Valium (diazepam). Review your medications with your health care provider. Also avoid sedating antihistamines like Benadryl (diphenhydramine)
- Reduce stress, for example practice yoga, relaxation techniques or meditation
- One multiple vitamin a day