

# THE AGING BRAIN

## WHAT IS NORMAL AGING OF THE BRAIN?

As we get older, it is typical to experience changes in our cognition, which is how we learn about and perceive the world around us. Some people may become more forgetful or take a longer time to learn something new.



Normal Aging of Cognition	Abnormal Aging of Cognition
Forgetting your keys	Difficulty understanding written or verbal information
Delayed recall of names	Forgetting names of close family members
Feeling like words are on the “tip of your tongue”	Forgetfulness interferes with daily activities

## WHAT IMPACTS COGNITIVE HEALTH?

### RISK FACTORS FOR DECLINE

- Brain injury
- Depression
- Poor sleep
- Smoking
- Alcohol

### HOW TO MAINTAIN COGNITIVE HEALTH

- Exercise
- Keep mind active
- Healthy diet
- Adequate sleep
- Social Support

