

Alzheimer's & Brain Awareness Month

Ritter & Randolph goes **PURPLE** for **Alzheimer's & Brain Awareness Month**.



Worldwide, 50 million people are living with Alzheimer's or other dementias. **Help Ritter & Randolph and the Alzheimer's Association of Greater Cincinnati turn the world purple.** [CLICK HERE](#) and commit to raising awareness in June.

[GET THE FACTS](#)

By learning the facts, you can help change the numbers. Each time you talk about Alzheimer's disease, you help raise awareness and inspire action.

What can you do?

PROMOTE BRAIN HEALTH - 10 Ways to Love Your Brain

1. **BREAK A SWEAT** - Engage in regular cardio activity that elevates your heart rate and increases blood flow to the brain and body. Several studies have found an association between physical activity and reduced risk of cognitive decline.
2. **HIT THE BOOKS** - Formal education at any stage of life will help reduce risk of cognitive decline. For example, take a class at a local college, community center or online.
3. **BUTT OUT** - Evidence shows that smoking increases risk of cognitive decline. Quitting smoking can reduce that risk comparable to those who have not smoked.
4. **FOLLOW YOUR HEART** - Evidence shows that risk factors for cardiovascular disease and stroke - obesity, high blood pressure and diabetes - negatively impact your cognitive health. Take care of your heart and your brain might follow.
5. **HEADS UP** - Brain injury can raise your risk of cognitive decline and dementia. Wear a seat belt; use a helmet when playing contact sports or riding a bike and take steps to prevent falls.
6. **FUEL UP RIGHT** - Eat a healthy and balanced diet that is higher in vegetables and fruit to help reduce the risk. A Mediterranean diet may contribute to risk reduction.
7. **CATCH SOME ZZZ's** - Not getting enough sleep due to conditions like insomnia or sleep apnea may result in problems with memory and thinking.

8. **TAKE CARE OF YOUR MENTAL HEALTH** - Some studies link a history of depression with increased risk. Seek medical treatment if you have symptoms of depression, anxiety or other mental health concerns. Try to manage stress.

9. **BUDDY UP** - Stay socially engaged and pursue social activities meaningful to you - [volunteer!](#)

10. **STUMP YOURSELF** - Challenge and activate your mind - play games, complete a puzzle, do something artistic! It may have short and long-term benefits for your brain.

JOIN US on June 21, 2018 to honor the strength, passion and endurance of those facing Alzheimer's with a day of activity. [CLICK HERE](#) for more information.

To learn more about the Alzheimer's Association, their free programs and services or [Trial Match](#), visit alz.org/cincinnati or call their 24/7 Helpline at [800-272-3900](tel:800-272-3900) today.

Thank you and help us make each day one to remember!