



# THE TEN COMMANDMENTS of Preventing dementia

1. Thou shalt use thy brain for thy whole life. Your brain is a “use it” or “lose it” organ.
2. Thou shalt not become a couch potato. Obesity, inactivity, and poor health are bad for your brain.
3. Thou shalt exercise until the day thy die.  
People who exercise on a regular basis have better physical and intellectual life.
4. Thou shalt not keep a spare tire. Obesity around the belt line in middle life is bad for your brain in later life.
5. Thou shalt protect thy heart and blood vessels.  
Your brain needs adequate oxygen and nutrients to stay well.
6. Thou shalt treat thy hypertension as a young person to keep thy memories as an old person.  
Untreated hypertension damages blood vessels in the brain.
7. Thou shalt take a STANDARD vitamin on a daily basis.  
B-Complex vitamins and Folic acid are helpful.
8. Thou shalt fix thy depression and encourage thy neighbor to fix their depression.  
Treating depression may improve your physical and intellectual health.  
Pass the good news to a friend.
9. Thou shalt avoid gluttony with food and alcohol.  
Excessive alcohol and elevated cholesterol or triglycerides are bad for the brain.
10. Thou shalt find a good doctor and follow their advice.  
Smart doctors and wonder drugs are not beneficial when the advice and the medication sit in the medicine cabinet.