



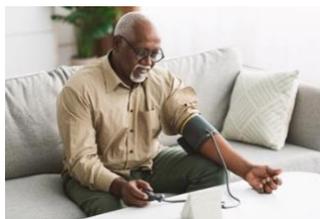
McCANCE CENTER
FOR BRAIN HEALTH

You're interested in how to improve your McCance Brain Care Score – now what?

Been wondering about how to take care of your brain? Just like heart health, brain health can be maintained with lifestyle behaviors that will help keep you at your best, and work to prevent brain disease. Getting to know your [McCance Brain Care Score\(TM\)](#) is an important first step. [Take the quiz now.](#)

Everyone has room to improve – pick one area that works for you, and take steps to improve your brain care now. If you need help getting your medical data (blood pressure, A1c, cholesterol, etc.) log in to your online medical record or talk to your doctor at your next visit, and bring a copy of your brain care score with you.

Next step, learn more about what you can do to improve your brain care. The resources below cover the science behind brain health, as well as practical tips you can use in your daily life. Science is ever evolving, so be sure to check back regularly for new insights and helpful tips!



Blood Pressure Control: Lowering your blood pressure can reduce risk of stroke, improving your Brain Care Score.

[Managing high blood pressure](#)

[6 tips to reduce blood pressure](#)

[What's the big deal about managing blood pressure? \(Español\)](#)

[Association between blood pressure control and risk ICH \(stroke\)](#)



Improving Diet: A Mediterranean diet that's high in vegetables, fruit and grains can improve brain health and heart health.

[What goes into a Mediterranean diet, getting started](#)

[Dementia risk may increase if you're eating these foods](#)

[7 foods to boost your brain health](#)

[Here's a "diet for your brain"](#)



Avoiding Alcohol/Smoking: Even moderate consumption of alcohol can increase risk of cognitive decline over time; smoking is also detrimental to cognition. [Even one dose of alcohol is enough to modify the brain](#)

[MGH "Living Tobacco Free" program](#)

[Rethinking drinking](#)

[Impact of smoking on cognitive function](#)

[Dry January – Wellness Tips](#)

Learn more at

<https://tinyurl.com/BrainCareScore>





Increasing Exercise: Exercising 150 minutes a week can improve heart and brain health. Finding exercise you like and getting started is a great first step.

[Setting reasonable goals – how to get started](#)

Living in the Boston area? [Find free programs near you](#)

[No time? Weekend exercise is good too!](#)

[Large UK study supports increasing your daily step count can help](#)

[Aerobics isn't the only exercise that can slow mild cognitive decline](#)



Getting Quality Sleep: Research has demonstrated that getting quality sleep is key to memory and brain health.

[8 things doctors wish patients knew about healthy sleep habits](#)

[Aging and sleep: making changes for brain health](#)

[Sleep: Bet you need more](#)

[Brain basics: Understanding sleep](#)



Reducing Stress:

Reducing stress, through meditation or other means, can improve your mental health overall, and reduce risk of Alzheimer's and other dementias.

Combine light exercise and stress reduction: ["Nature Nurtures"](#)

[Manage stress, and learn about the mind-body connection](#)

[Self-reflection can improve brain health in older adults](#)

Understand the [relationship between stress and Alzheimer's](#)



Building Relationships and Learning New Things: Research has demonstrated that having people you can talk with and learning new things are good for brain health.

[Boston area residents can access many free programs](#)

[The risk of loneliness](#)

[Making friends as an adult](#)

[Nurturing healthy relationships](#)

[How to make education and investment after college](#)



Striving for Meaning in Life: Having a sense of purpose can improve brain health at any age.

[Mental health and well-being](#)

[The art of Ikigai](#)

[Meaning in life's impact on dementia](#)

[Purpose and health](#)

Following the [S.H.I.E.L.D plan](#) can help you remember how to stay on track with brain care.

Want to learn more about the McCance Center for Brain Health, and the McCance Brain Care Score™? Visit [our website](#), or read a recent medical journal article published by our faculty: ["Brain health begins with brain care." The Lancet, Neurology. November 2022](#)

Learn more at

<https://tinyurl.com/BrainCareScore>

