



The SHIELD method, developed by McCance Center Director Dr. Rudolph Tanzi, is a great way to remember how to take care of your brain. If you can improve your brain health today, you'll reduce the risk for brain disease in the future.

S

Sleep

Sleep serves to clear away the plaques that lead to cognitive decline. Plaques begin decades before signs of impairment. Developing a consistent bedtime routine to enhance sleep at any age can improve your brain health. Aim for 7-8 hours of sleep.



H

Handling Stress

Stress can worsen cognitive decline so it's important to learn how to manage it. Establishing a meditation practice and managing expectations can help reduce stress.



I

Interaction with friends

Loneliness doubles the risk for Alzheimer's disease. Make time to engage with friends and family, and be socially active.



E

Exercise

Exercise induces new nerve cell growth and removes amyloid to strengthen brain regions affected by Alzheimer's disease. Find an exercise that you enjoy and work your way up to the recommended 150 minutes per week.



L

Learning new things

Learning new things can strengthen the connections in your brain. Engage your brain by trying something new like taking a class or learning a new language.



D

Diet

A Mediterranean diet, which minimizes red meat and is rich in fiber from fruits, nuts, whole grains, and vegetables, is best for your brain.

