



A healthcare partnership between



June is Men's Health Month



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Alzheimer's and Brain Awareness Month: Promoting Brain Health for Men

June is an important month dedicated to raising awareness about two crucial areas of health: Alzheimer's and brain health and men's health. So let's delve into the significance of Alzheimer's and Brain Awareness Month and Men's Health Month, shedding light on essential information for everyone, especially men. This topic is extremely important to me as my father and several of his siblings suffered from Alzheimer's disease.

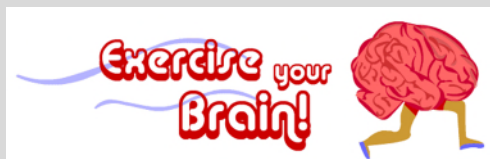
Alzheimer's disease, a progressive brain disorder, affects millions worldwide. It impairs memory, thinking skills, and overall cognitive abilities. During Alzheimer's and Brain Awareness Month, organizations and communities come together to educate and support those affected by the disease while emphasizing the importance of brain health.

But why is brain health significant, especially for men? Studies have shown that men face unique challenges related to brain health, including a higher risk of developing Alzheimer's disease than women. Understanding brain health factors can empower men to take proactive steps to maintain cognitive well-being.

One critical aspect of brain health is leading a healthy lifestyle. Regular physical exercise has been shown to impact brain function positively. For example, walking, cycling, or gardening can promote blood flow to the brain and help keep the mind sharp.

Another important factor is a well-balanced diet. Nutrient-rich foods like fruits, vegetables, whole grains, and lean proteins can provide the brain with essential vitamins and minerals. In addition, omega-3 fatty acids found in fish, nuts, and seeds have been linked to improved brain health. Additionally, limiting the intake of saturated fats, sugary foods, and alcohol can help maintain overall brain function.

In addition to lifestyle choices, it's essential to stay mentally active. Engaging in activities that challenge the brain, such as puzzles, reading, or learning a new skill, can help preserve cognitive function. Socializing with others and maintaining solid relationships also contribute to brain health.



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Alzheimer's and Brain Awareness Month also aims to raise awareness about the importance of early detection and diagnosis. In addition, recognizing the warning signs of Alzheimer's disease is crucial for timely intervention. Symptoms may include memory loss that disrupts daily life, difficulty solving problems, confusion with time or place, and changes in mood or personality. If these symptoms are noticed, it is vital to seek medical advice promptly.

Men's Health Month, which coincides with Alzheimer's and Brain Awareness Month, focuses on promoting overall well-being for men. This observance encourages men to prioritize their physical and mental health by raising awareness about common health issues they may face.

Regular check-ups with healthcare providers are vital in monitoring and maintaining men's health. These visits provide an opportunity to discuss concerns, receive preventive screenings, and receive guidance on healthy lifestyle choices.

Men's Health Month also emphasizes the importance of mental health. Men may face unique challenges regarding mental well-being, such as a reluctance to seek help or discuss their emotions openly. Raising awareness about mental health and encouraging open conversations can help break down barriers and ensure that men receive the support they need.

In conclusion, June serves as a vital month for raising awareness about Alzheimer's, brain health, and men's health. By promoting healthy lifestyle choices, encouraging early detection, and emphasizing the significance of mental well-being, Alzheimer's and Brain Awareness Month and Men's Health Month empower individuals, particularly men, to take charge of their overall health and well-being. Remember, a healthy brain is a precious asset, and investing in it is a lifelong journey.

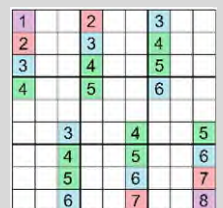
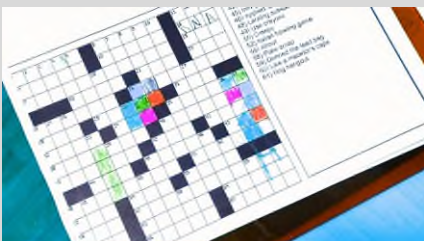
Ways to keep an active brain:

1. Test your Recall:
2. Let the music play
3. Do math in your head
4. Take a cooking class
5. Learn a foreign language
6. Create word pictures
7. Draw a map from memory
8. Challenge your taste buds
9. Refine your hand-eye coordination
10. Learn a new sport

Games to help improve your memory

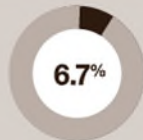
1. Crossword puzzles
 2. Chess
 3. Jigsaw puzzles
 4. Rebus
 5. Sudoku
 6. Concentration
 7. Games that require multi-tasking
 8. Lumosity: Your brain Fit Test
- <https://www.lumosity.com/train/turbo/odp/1/start>

<https://www.everydayhealth.com/longevity/mental-fitness/brain-exercises-for-memory.aspx>



QPIC Corner

MEN ^{WOMEN} **76.281** AVERAGE LIFE EXPECTANCY FOR MEN IN THE UNITED STATES IS ALMOST 5 YEARS LESS THAN WOMEN.



AROUND 15 MILLION AMERICAN ADULTS (6.7% OF THE POPULATION) WILL BE DIAGNOSED WITH DEPRESSION EACH YEAR.



1 IN 2 MEN WILL BE DIAGNOSED WITH CANCER IN THEIR LIFETIME.



MORE THAN ONE THIRD OF ADULTS (34.9%) IN THE UNITED STATES ARE OBESE.

12.1% OF MEN 18 YEARS AND OVER ARE IN FAIR OR POOR HEALTH.

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- ✓ Physicals



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Healthy Recipe

<https://www.callmepmc.com/brain-boosting-super-salad/>
Brain Boosting Super Salad (with Lemon Vinaigrette)
Healthy Recipe

By: Paula, Cal Me PMC

Makes: 4 Servings
Prep: 10 minutes, Cook Time: 1 min

Ingredients:

Lemon Vinaigrette
½ cup olive oil
½ cup lemon juice fresh
½ tsp lemon zest
1 tsp honey or date syrup
1 clove garlic minced
¼ tsp salt and pepper to taste

Salad

2 medium avocado
2 cups broccoli
½ cup blueberries
½ cup raspberries
½ cup blackberries
4 medium plums
4 medium nectarines
½ cup walnuts chopped



Directions:

Lemon Vinaigrette

1. Add all the vinaigrette ingredients to a small bowl
2. Whisk until everything is combined. Refrigerate until you're ready to use.

Salad

1. Wash and dry the fruit just before you make the salad
2. Cut the avocado, nectarines, plums, and broccoli into bite-size pieces and divide them between two bowls
3. Equally, add the remaining ingredients to the bowls
4. Toss with salad dressing just before serving
5. Refrigerate any leftover salad dressing

Nutrition

Calories: 643kcal | Carbohydrates: 46g | Protein: 8g | Fat: 52g | Saturated Fat: 7g | Polyunsaturated Fat: 12g | Monounsaturated Fat: 31g | Sodium: 169mg | Potassium: 1187mg | Fiber: 15g | [Sugar](#): 25g | Vitamin A: 1188IU | Vitamin C: 87mg | Calcium: 74mg | Iron: 2mg

Source: Call Me PMC, Brain Boosting Super Salad, Posted by Paula