

Healthy Ageing 101:

Advice on How to Maintain Brain Health and Mental Agility: Promoting Cognitive Functioning

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Healthy Ageing
and Geriatrics



Last scene of all,
That ends this strange
eventful history,
**Is second
childishness** and mere
oblivion,
**Sans teeth, sans
eyes, sans taste,
sans everything.**

-Shakespeare, As You Like It



"L'Hospice," Gilles Barbier, 2002



Ernestine Shepherd
80

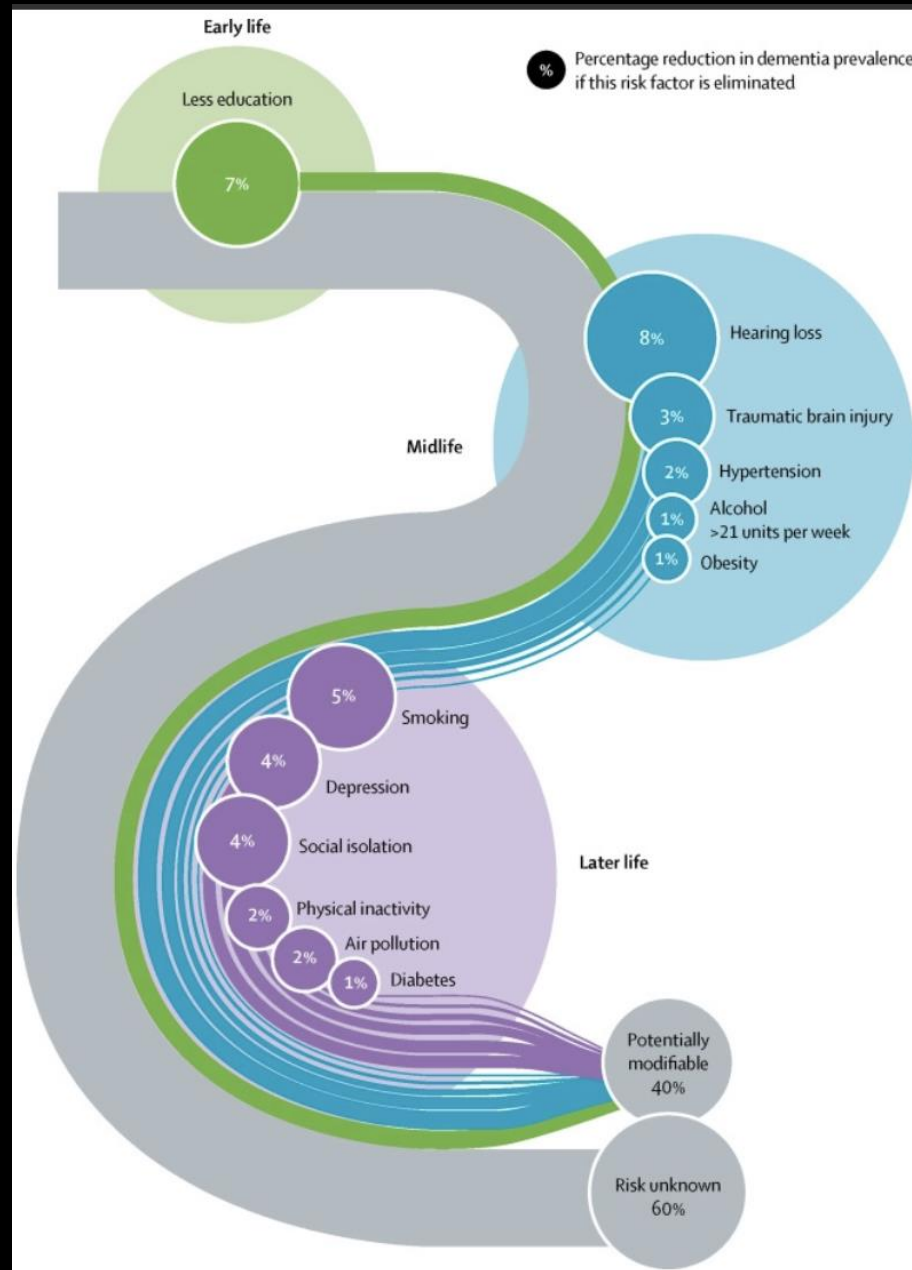
Robert Sekuler
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Eva Kurtzman
91, Baycrest Learning
Academy Valedictorian



"You're never too old to learn!"



Lancet, 2020

1. Don't smoke
2. Limit alcohol
3. Monitor heart health
4. Avoid head injuries
5. Treat medical conditions (including diabetes, depression)
6. Reduce stress
7. Eat well
8. Sleep well
9. Exercise your body
10. Exercise your brain
11. Social engagement
12. Check your hearing and vision
13. Brush your teeth
14. Minimize COVID risk
15. Avoid air pollution
16. Live with purpose
17. Play the drums!



Simple diet changes have a powerful effect on brain health

The Brain Health Food Guide is for adults who want to retain cognitive function and brain health as they age. The guide is based on studies of adults 50 years of age and older who changed their diet and found these benefits:

- After four months of eating well, they performed as if they were nine years younger on tests of reading and writing speed¹
- After four years of eating well, they did not experience any memory loss²

Dietary patterns similar to the Brain Health Food Guide are associated with:

- 36 percent lower risk of developing Alzheimer's disease³
- 27 percent lower risk of developing mild cognitive impairment or pre-dementia³

With a nutritious variety of vegetables, fruit, whole grains, beans, fish, nuts and low-fat dairy products, the Brain Health Food Guide offers the same eating plan that's recommended to prevent or treat heart disease, diabetes, high cholesterol, high blood pressure and other conditions.

Consult with your health care provider to help you adapt these recommendations to meet your specific needs.



Eating for brain health is all about..

- Embracing balance, moderation and variety (see back for guide)
- Focusing on an overall pattern of healthy eating, not one one specific "superfood" for brain health
- Making sure you eat until you are comfortably full and not stuffed
- Enjoying lots of vegetables and fruit
- Eating raw leafy vegetables daily, including lettuce, kale and spinach
- Eating fish, beans, and nuts several times a week
- Including healthy fats in the diet, from olive oil, nuts and fish
- Limiting red and processed meat
- Selecting low-fat dairy products, such as milk and yogurt
- Choosing whole grains over refined grains e.g. white bread

Resources

Recipes & Healthy Eating
Dietitians of Canada
www.cookspiration.com

Heart & Stroke Foundation
www.heartandstroke.com

Canadian Diabetes Association
www.diabetes.ca/diabetes-and-you/recipes

EatRight Ontario
www.eatrightontario.ca

HealthLink BC
www.healthlinkbc.ca/healthyeating

Preventing Dementia
Alzheimer Society of Canada
www.alzheimer.ca/en/Living-widementia/BrainBooster



- **Choose colour.** Include colourful fruits and vegetables at each meal
- **Grill, steam and bake** foods instead of deep frying
- **Stock your kitchen** with a variety of dried or canned beans, frozen or canned fish, frozen vegetables and fruits
- **Add beans or legumes** to soups, stews and stir-fries
- **Snack smart.** Reach for nuts, fresh fruit, cut up vegetables and low fat yogurt
- **Keep hydrated.** Drink water or unsweetened beverages

Developed by: Dr. Matthew Parrott
in collaboration with members of the Canadian Consortium on Neurodegeneration in Aging:
Team 6: Nutrition, Exercise and Lifestyle

Team 6 Member Organizations:
Baycrest Health Sciences, Concordia University, Institut Universitaire de Geriatrie de Montreal, Centre de recherche du Centre hospitalier de l'université de Montreal, McGill University, Rotman Research Institute, Ryerson University, Sunnybrook Health Sciences Centre, Toronto Rehab/UHN Cardiovascular Rehabilitation Program, Université de Montreal, Université de Sherbrooke, University Health Network, Toronto, University of British Columbia, University of Ottawa, University of Toronto, Waterloo University

Supporting Evidence:
1. Smith PJ, Blumenthal JA, Babyak MA, et al. Effects of the dietary approaches to stop hypertension diet, exercise, and caloric restriction on neurocognition in overweight adults with high blood pressure. *Hypertension*. 2010;55:1331-1338.
2. Vallis-Pedret C, Sala-Vila A, Serra-Mir, et al. Mediterranean diet and age-related cognitive decline: a randomized trial. *JAMA Internal Medicine*. 2015;175(7):1094-1103.
3. Singh B, Parasak AK, Mielke MM, et al. Association of Mediterranean diet with mild cognitive impairment and Alzheimer's disease: a systematic review and meta-analysis. *J Alzheimers Dis*. 2014;39:271-282.



Which Foods Help the Brain?



An Evidence-Based Approach to Healthy Eating for the Aging Brain

BRAIN MATTERS

Can a daily crossword puzzle slow cognitive decline?

Research suggests that people with mild cognitive impairment may be helped, but the findings are far from conclusive



By [Teddy Amenabar](#)

November 10, 2022 at 6:00 a.m. EST

Washington Post



Choose The Right Footwear
Reduce and Prevent Slips and Falls



Human-Oriented Test
Realistic Slip Results



Did Not Make It - 67% Of The Boots
That We Tested

Footwear Ratings

Casual Footwear



Ratings →

Work Safety Footwear



Ratings →

Spikes



Ratings →

UHN KITE, Rate My Treads
[Kite-uhn.com/rmt](https://kite-uhn.com/rmt)



Mask up and vaccinate!

Here's to a
healthier you.



Apple Watch 8



InteraXon's Muse

Introducing ElliQ

The sidekick for
healthier,
happier aging



Intuition Robotics,
ElliQ

Baycrest

Do you think you have hearing loss?

Check your hearing in less than 5 minutes!



By proceeding, you agree to the terms of our [Privacy Statement](#).

Check My Hearing!

Powered by
SHOEBOX

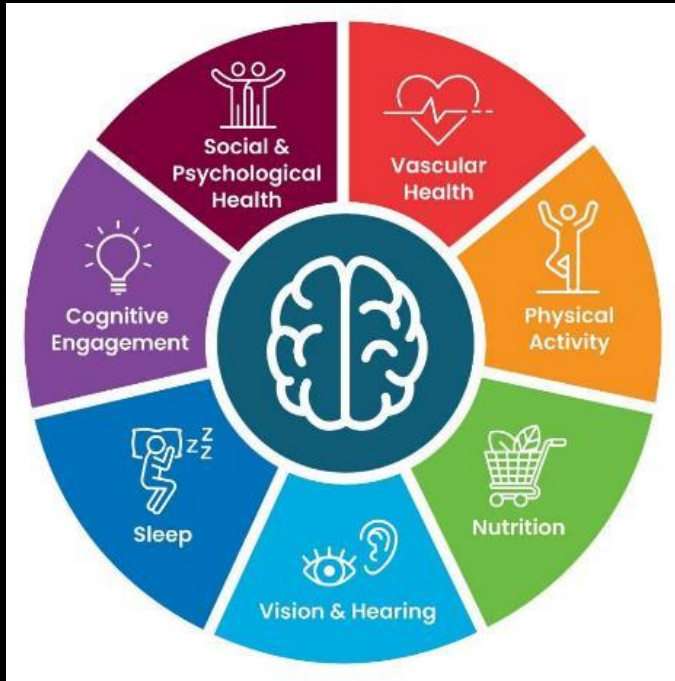
<https://shoeboxonline.com/baycrest/>



Baycrest Volunteers
(pictured pre-pandemic)



Music is good for body, brain,
and soul



Brain Health Pro
CanThumbsUp.ca



Baycrest's Kimel Family Centre for
Brain Health & Wellness

End User Engagement is Key for Innovation

Leap: An Engaged Community of Innovation Collaborators

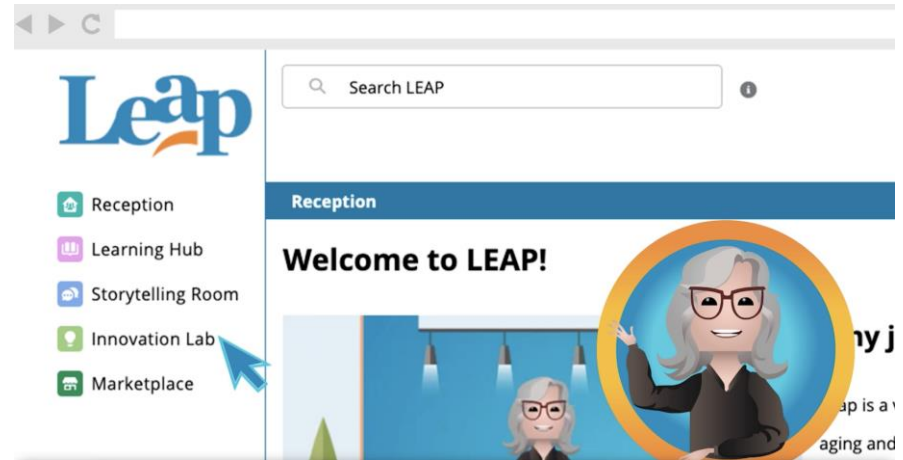
- Shares, connects, learns together while informing innovations in aging and brain health
- Builds specialized skills/micro-credentials in its members as innovation collaborators
- Supports meaningful roles for older adults and affords a mechanism for reimbursing them for their contributions
- By virtue of the activities it offers Leap is a brain health solution of its own



take the



Where life experience meets innovation



Learning Hub



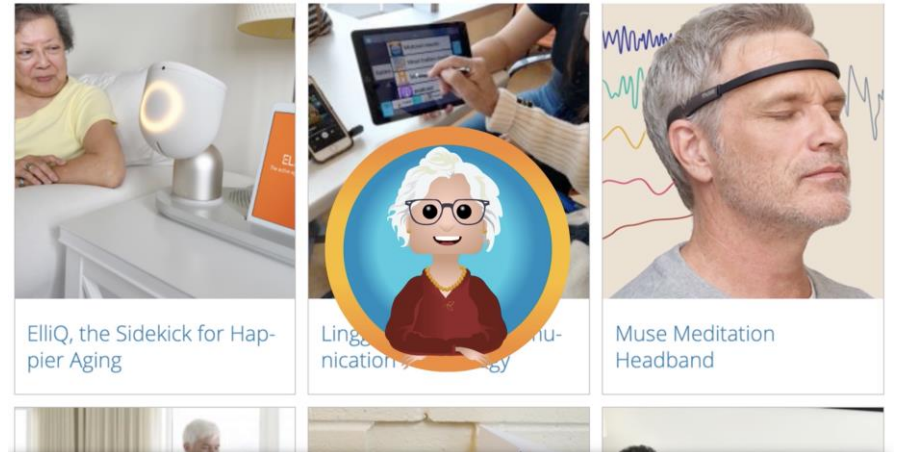
Storytelling Room



Innovation Lab



Marketplace



ElliQ, the Sidekick for Happier Aging

Linguistic Communication Technology

Muse Meditation Headband



Live Longer.
Live Better.
Live More.

Thank you!

Additional Resources

<https://sinaigeriatrics.ca/healtheducation/>

<https://www.cabhi.com>
(Spark program, Leap)

<https://cogniciti.com>

<https://www.baycrest.org/Baycrest/Health-Wellness>

https://www.baycrest.org/Baycrest_Centre/media/content/BHFG-Version-2.pdf
(Brain Health Food Guide)

<https://www.canthumbsup.ca>
(CCNA Prevention study and Brain Health Pro)

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