

Senior Care Center Offers Tips To Keep The Brain Healthy

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Senior Care Center has announced that they want to offer tips to seniors on how to keep the brain healthy. They point to a newly published article on the New Theory website, titled ?Tips For Keeping Your Brain Healthy As You Age.? According to studies, there are a number of healthy habits and social factors, that when combined can preserve and protect the brain?s functionality over time. Senior Care Center has advisors who help people find the appropriate assisted living facility for a family?s elderly.

Meanwhile, in a previous press release, Senior Care Center has announced that they are available to provide help to seniors in getting the healthcare that they need in California. This kind of help is very much needed in view of the rising costs of medical care. This release can be viewed at https://www.pressadvantage.com/story/23620-senior-care-center-announces-help-with-california-healthcare-for-seniors.

Casey Ryeback, a spokesperson for Senior Care Center, says, ?We are happy to offer some information on how the elderly can keep their brain healthy. It is common knowledge that some elderly people suffer from some form of neurodegenerative disease like dementia or Alzheimer?s disease. Memory loss often

accompanies these diseases, which is quite common in the elderly. However, research studies have now shown that there are ways to keep the brain healthy and possibly even prevent the onset of these diseases.?

It should be noted that previously, scientists believed that brain development stops during late adolescence and there is only degradation from that point onwards because as the person loses brain cells, these can no longer be replenished. Recent studies have now shown that new brain cells can grow and that the formation of new neural connections can happen. Just like any other muscle in the body, the brain has the capability to rebuild itself through repeated use and exercise.

There are a number of tips for keeping the brain healthy. One such tip is exercising on a daily basis. It has been observed that just 30 minutes of exercise a day can prevent or delay the onset of Alzheimer?s disease and other cognitive disorders.

Another tip is to quit smoking. Tobacco has been found to negatively affect various organs in the body, including the brain. However, if a person stops smoking, he or she can still increase the chances of having a healthier brain in the future, regardless of how long he or she had been smoking.

Another important tip to keep the brain healthy is to avoid sugary foods. Studies have found that high blood sugar can increase the risk of dementia, even for those who do not have diabetes. Thus, it is advisable to avoid overly sweetened foods like candy and soda. Likewise, it is advisable to avoid too much alcohol. Women are advised to stick to one drink per day while men can have two per day.

And then it is also important to take good care of the heart. This is because a healthy brain requires a healthy cardiovascular system as this is the one that pumps blood to the brain. Issues regarding the pumping of the blood to the brain can negatively affect the brain?s health.

Still another good advice to keep the brain healthy is to minimize stress. The hormones that are released due to stress tend to have a stronger effect on the brain when people get older. Thus, it is important to learn ways to cope with anxiety and tension. Meanwhile, it is also advisable to avoid falls as these can cause injury to the brain.

And finally, it is important to keep the brain stimulated. Puzzles and games can help with this. However, it is also a good idea to engage in social activities that keep the person engaged with others.

Senior Care Center advisors are well-informed regarding the various assisted living facilities that are available in a number of well-known cities. These advisors are available to guide seniors and their families in finding the most appropriate assisted living facility for them.

Those who require more information about senior care assisted living facilities can visit their website, or contact them by phone or through email.

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For more information about Senior Care Center1, contact the company here:Senior Care Center1Casey Ryeback(855) 242-9668

Senior Care Center1

Senior Care Center helps family members find assisted living for their loved ones. Whether it be Alzheimer's Care, Residential Long Care, or Nursing Home, or Memory care Senior Care Center can help you find a great place for your loved one.

Website: https://srcarecenter.com

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