

Early Detection is Key

You have the power to optimize your cognition by adopting a combination of key lifestyle habits and being aware of your overall wellness. Studies show, taking proactive steps, may help reduce your risk of memory loss and other forms of cognitive decline.

Take Control of Your Memory and Brain Health

Here are evidence based recommendations on how you can proactively manage lifestyle-related risk factors and certain medical conditions that affect cognition.



Control Medical Risks

Keeping your body healthy helps keep your brain healthy.

Taking control of underlying medical conditions will help reduce your risk for memory loss and cognitive decline. Examples of these conditions include diabetes, high blood pressure, high cholesterol, smoking and excessive alcohol consumption. See your physician regularly and follow medical recommendations.



Exercise Regularly

Exercising your body can help keep your brain in shape.

Exercising elevates your heart rate and increases blood flow to your brain which helps reduce the risk of memory loss and cognitive decline. 150 minutes per week of physical activity is recommended, that's just 30 minutes a day, 5 days per week.



Stay Mentally Fit

Exercising your mind can help your brain perform at its best.

Continuously challenging your mind stimulates your brain and helps protect against rapid memory loss. Have fun engaging your brain by reading books, playing games, and doing puzzles. Being a life-long learner and continuously challenging your mind can help you stay cognitively fit. Have your eyesight regularly checked by an eye care professional.



Maintain Social Connections

Being socially active is brain friendly.

Stay connected and lead an active social life. Spending time with family and friends, talking and laughing together, and being active helps your memory and brain health. Being social also leads to a happier and healthier you. If you are having trouble hearing what people are saying, have your hearing checked by a hearing healthcare professional.



Sleep & Relax

Getting a good night's sleep rests your body and mind.

Sleeping at least 6-8 hours each night can help your memory and brain health. See your physician if your snoring interrupts your sleep or you don't wake up rested. Listen to your body, rest when needed, and find ways to manage your stress.



Eat Healthy

Eating right feeds a healthy body and mind.

A well-balanced diet low in fat and high in antioxidants can help reduce your risk of dementia and help maintain your memory. Talk to a nutritionist and your physician to find a diet that is right for you. Understanding how vitamins, brain health supplements and other nutritionals may impact your medications is important.

For more information and resource links, visit cognivue.com/cogniwell

Disclaimer: Cognivue is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Talk to your health care provider about optimal cognitive health management. Clinical contextualization required.

Cognivue Thrive is an adjunctive tool for evaluating cognitive function. It is not a stand-alone diagnostic tool.