

[Go Inside the Brain See how Alzheimer's disease affects your body's most powerful organ](#)

(article provided by [Alzheimer's Association](#))

As you may know, Alzheimer's disease isn't a normal part of aging. Has it been a while since you've taken our [Brain Tour](#)? Visit again today and get a refresher! Or, share this with others you know who need to be educated about Alzheimer's disease.

Many people are still unaware that ninety percent of what we know about Alzheimer's has been discovered in the last 15 years, and some of that knowledge has shed light on [how Alzheimer's affects the brain](#). The hope is that enhanced understanding will lead to new treatments.

Stay physically active:

Physical exercise helps to maintain good blood flow to the brain and encourages the growth of new brain cells.

Eat a healthy diet:

High cholesterol may contribute to stroke and brain cell damage, so follow low-fat, low-cholesterol diet.

Remain socially active:

Social activity can reduce stress levels, which helps maintain healthy connections among brain cells.

Stay mentally active:

Mentally stimulating activities strengthen brain cells and the connections between them, and may even create new nerve cells.

Brain health is an important focus of our worldwide Alzheimer's research effort. I invite you to take the [Brain Tour](#) and learn why. Please share this information with friends, family, co-workers - anyone who may benefit - by sharing it on Facebook or retweeting it on Twitter.

Many thanks,
Angela Geiger
Chief Strategy Officer