

## **Warding off dementia – brain exercise**

According to recent studies, some common everyday activities might be your best defense against age-related mental decline. People who regularly partake in stimulating activities show healthier densities of “white matter” – the parts of the brain that transmit information – than those who didn’t. Therefore, the old adage also applies to our brains - if you don’t use it you lose it!

So, what’s the formula for optimal brain health? Reading a newspaper or a book for an hour, writing a letter, playing a board game, and even social conversation. Just one or two hours of brain exercise per day can significantly reduce the onset or progression of deterioration. These exercises increase blood flow, delivering oxygen and glucose to the brain while simultaneously reducing the build-up of harmful plaques.