Epidemiological studies in many countries* looking at individuals from middle to old age have found four factors that may contribute to the maintenance of cognitive function. Start today to help keep your brain sharp!

- Increase your level of mental activity
- Increase your level of physical activity
- Increase your level of social engagement
- Eat well and control vascular risk factors such as blood pressure, cholesterol and stress

*an expert panel convened by the NIH published a summary of these findings in 2006.