Based on an extensive review of epidemiological studies and animal research*, the Institute of Medicine recommends four steps to keep your brain working well as you grow older:

- Stay physically active—exercise regularly
- Reduce vascular risk factors (like high blood pressure and cholesterol) with good diet, healthy lifestyle, and medication when necessary
- Talk to your doctor about diseases and drugs that may impair brain function
- Keep your brain lively with social and intellectual activity, and adequate sleep