

According to scientists, Alzheimer's disease occurs due to many causes. This, for example, is elderly, genetics and much more. Experts recommend monitoring 13 important factors that are associated with maintaining brain health.

Do not wait 65 years in order to finally deal with your health. If you begin to pay attention to the following factors early, then reduce the likelihood of encountering Alzheimer's dementia and disease. This **Control of blood pressure, maintaining a healthy level of cholesterol, a decrease in blood sugar, increasing physical activity, observing the nutrient and balanced diet, maintaining a healthy weight, refusal of smoking, prevention of depression or its symptoms, reducing social insulation, restriction of sleep disorders and maintaining the level of education, and maintaining brain activity, and maintaining brain activity, and treatment Hearing loss**Field



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The state of the heart and diabetes of the 2nd type also affect the condition of the brain. The brain of the brain will provide in old age good memory, thinking, the ability to reason, communicate, solve problems independently. Therefore, it is so important to take care of

him in his young years.

News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.