

SUNDAY MORNING HEALTH CORNER



Alzheimer's Disease Awareness Month

During your last physical, did you receive or request a brain health check-up? If you have concerns about your memory, are over the age of 65, or family members have noticed a change in your behavior, you should speak with your doctor about available cognitive screenings.

Brain health is not something many of us think about – but it is critical to your overall health. Take note that African-Americans and minorities are more likely to be diagnosed with Alzheimer's in the later stages of the disease, or misdiagnosed due to other illnesses. This is all the more reason to have conversations with your doctor about your cognitive health.

Learn more by visiting the National Brain Health Center for African Americans at www.brainhealthcenterforafricanamericans.org



www.balmingilead.org

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