The Balm In Gilead Inc

Sunday Morning HEALTH CORNER



Alzheimer's & Brain Health: Protecting Your Mind Starts Early

Just like the heart and body, the brain is affected by stress, sleep, nutrition and overall lifestyle habits. Staying mentally active and paying attention to changes in memory or focus are important parts of maintaining brain health. The earlier healthy habits are developed, the better support the brain has over time.

Your Brain Needs Care Too

Many people think memory loss is just a normal part of aging, but brain health deserves attention long before symptoms appear. Alzheimer's disease affects memory, thinking and daily functioning, yet many families do not talk about it until it impacts someone close to them.

Research shows there is still limited awareness around Alzheimer's disease in many Black communities, which can delay support, treatment and prevention efforts. Brain health is not just about aging well. It is about caring for your mind throughout every stage of life.

Why it matters

According to research, many Black adults reported having little knowledge about Alzheimer's disease and often viewed memory loss as a normal part of getting older.

Delayed conversations and lack of awareness can make it harder to recognize early warning signs. Stress, poor sleep, isolation, high blood pressure and lack of mental stimulation can all impact long-term brain health. While there is no guaranteed way to prevent Alzheimer's disease, healthy lifestyle habits may help reduce risk and support cognitive function over time.

What you can do

- Prioritize quality sleep and stress management.
- Stay mentally active through reading, puzzles or learning new skills.
- Schedule regular health screenings and monitor blood pressure.
- Eat balanced meals and stay physically active consistently.
- Start conversations about family history and brain health early.



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The mission of **The Balm In Gilead, Inc.** is to improve the health of individuals who are most at risk for chronic and acute diseases by supporting faith and community organizations in areas that mobilize and strengthen their capacity to increase awareness in areas of prevention, treatmentand access to care through education, programming and advocacy. Learn more at **balmingilead.org**.

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