



THE TEN COMMANDMENTS OF PREVENTING DEMENTIA FOR PERSONS OF AFRICAN-AMERICAN HERITAGE

- 1. THOU SHALT USE THY BRAIN FOR THY WHOLE LIFE.** Your brain is a “use it” or “lose it” organ.
- 2. THOU SHALT TREAT THY HYPERTENSION AS A YOUNG PERSON TO KEEP THY MEMORIES AS AN OLD PERSON.** Untreated hypertension damages blood vessels in the brain.
- 3. THOU SHALT GUARD AGAINST STROKE.** Stroke is a common treatable brain problem.
- 4. THOU SHALT PROTECT THY HEART AND BLOOD VESSELS.** Your brain needs adequate oxygen and nutrients to stay well.
- 5. THOU SHALT NOT KEEP A SPARE TIRE.** Obesity around the belt line in middle life is bad for your brain in later life.
- 6. THOU SHALT EXERCISE UNTIL THE DAY THY DIE.** People who exercise on a regular basis have better physical and intellectual life.
- 7. THOU SHALT TAKE A STANDARD VITAMIN ON A DAILY BASIS.** B-Complex vitamins and Folic acid are helpful.
- 8. THOU SHALT FIX THY DEPRESSION AND ENCOURAGE THY NEIGHBOR TO FIX THEIR DEPRESSION.** Treating depression may improve your physical and intellectual health. Pass the good news to a friend.
- 9. THOU SHALT AVOID GLUTTONY WITH FOOD AND ALCOHOL.** Excessive alcohol and elevated cholesterol or triglycerides are bad for the brain.
- 10. THOU SHALT FIND A GOOD DOCTOR AND FOLLOW THEIR ADVICE.** Smart doctors and wonder drugs are not beneficial when the advice and the medication sit in the medicine cabinet.

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