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| <p>General Health Guidelines:</p> <p>Promote a healthy brain! Diet, nutrition, physical health, mental health and social well-being are all key lifestyle factors in promoting a healthy brain.</p> | <ul style="list-style-type: none"> • Switch from saturated and trans fats to olive oil and fatty fish such a salmon or ocean trout • Get a good night's sleep • If you smoke, consider quitting • Avoid drinking alcohol • Maintain a healthy weight • If you have diabetes, keep your blood sugar under control • Consider learning new information and skills. |
| <p>Green Flags – All Clear 🚩</p> | |
| <p>If you:</p> <ul style="list-style-type: none"> • Follow a healthy diet • Get at least 30 minutes of daily exercise • Have mental stimulation, like reading, do memory exercises • Stay socially active with friends and family | <p>What this means:</p> <ul style="list-style-type: none"> • You are taking steps towards your brain health |
| <p>Keep up the great work!</p> | |
| <p>Yellow Flags – Caution 🚩</p> | |
| <p>If you have <u>any</u> of the following:</p> <ul style="list-style-type: none"> • Are not following a health diet or getting regular exercise • Do not get regular sleep, or your sleep is often interrupted • Drink alcohol in excess • Smoke cigarettes or chew tobacco • Have diabetes and your blood sugar is not well controlled • Forget important events, difficulty concentrating, forgetting familiar location, misplace things, have difficult time with making decisions or have changes in mood or personality. | <p>What this means:</p> <ul style="list-style-type: none"> • You are at higher risk for brain related changes, including memory problems with memory, mood, and behavior • Higher blood sugar affects brain health • You are at higher risk for cancer • You may have memory loss that needs to be evaluated by your health care provider. <div style="background-color: #D3D3D3; padding: 5px;"> <p>Call your doctor, nurse, or home health nurse if symptoms do not improve.</p> <p>Name: _____</p> <p>Number: _____</p> </div> |
| <p>If you notice a Yellow Flag, work closely with your health care team.</p> | |
| <p>Red Flags—Stop and Think 🚩</p> | |
| <p>If you have:</p> <ul style="list-style-type: none"> • Trouble thinking clearly • Facial drooping or numbness • Arm weakness • Speech difficulty, slurring • Sudden trouble seeing (one or both eyes) • Sudden trouble walking, dizziness, loss of balance, or coordination • Sudden onset of severe headache with no known cause • Unresponsiveness • Seizures | <p>What this means:</p> <ul style="list-style-type: none"> • A possible stroke • You need to be evaluated by a health care professional immediately. <p>This indicates you need to be seen by a physician right away. In an emergency, call 9-1-1</p> <div style="border: 1px solid black; padding: 5px;"> <p>Physician: _____</p> <p>Number: _____</p> <p>Instructions: _____</p> </div> |
| <p>If you notice a Red Flag, call your physician immediately.</p> | |

Area Agency on Aging and Disabilities of Southwest Washington

At the Area Agency on Aging & Disabilities, we believe every adult deserves to live with dignity. We connect seniors, adults with disabilities and family caregivers to a full range of free and other community resources designed to offer you choice, improve your quality of life and respect your independence.

For more information, call Information and Assistance

Clark County: 360-694-8144—iaclark@dshs.wa.gov

Cowlitz and Wahkiakum Counties: 360-577-4929—iakelso@dshs.wa.gov

Klickitat County: Goldendale: 509-773-3757 White Salmon: 509-493-3068—
kcinfo@klickitatcounty.org

Skamania County: 509-427-3990—seniorsia@co.skamania.wa.gov

www.helpingelders.org