

April 21, 2021

Springtime Science

This series is hosted by University of Illinois Extension and the Interdisciplinary Health Sciences Institute.

Get to Know Your Brain

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Quick Tips:

- **The exact cause of Alzheimer's disease is still unknown, however, there are several risk factors that have been identified**
- **While there is no cure or perfect preventative, we can reduce our risk of AD by minimizing chronic health conditions, engaging in exercise, and maintaining a healthy diet and lifestyle**
- **Treatments for AD are primarily focused on reducing behavioral symptoms of the disease**



Resources to learn more about AD, aging, and caregiving

National Institute on Aging

www.nia.nih.gov/health

Alzheimer's Association

www.alz.org

Mayo Clinic

www.healthletter.mayoclinic.com

Harvard Health

www.health.harvard.edu

AARP

www.aarp.org/caregiving

Illinois Extension

www.extension.illinois.edu/global/caregiving-resources

www.extension.illinois.edu/global/discover-healthy-aging



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Next Week:

Food for Thought:
Exploring the Gut-Brain

Axis

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