

# Healthy Habits May Slow Dementia's Grip



For individuals living with dementia, cognitive decline can feel like an inevitable march towards oblivion. However, a recent study published in JAMA Neurology offers a beacon of hope: **engaging in healthy habits may slow down this decline, even in those already diagnosed.** This news is a ray of sunshine for patients, families, and caregivers alike.

## The Study's Findings

Researchers analyzed data from over 1,700 participants with various types of dementia over a six-year period. **They assessed their adherence to healthy lifestyle practices, including:**



### REGULAR PHYSICAL ACTIVITY

*Aiming for at least 150 minutes of moderate-intensity exercise per week.*



### HEALTHY DIET

*Focusing on fruits, vegetables, whole grains, and lean protein while limiting processed foods, saturated fat, and added sugars.*



### NON-SMOKING

*Abstaining from tobacco use in all forms.*



### MODERATE ALCOHOL CONSUMPTION

*Limiting alcohol intake to recommended guidelines.*

**The study's key finding?** Individuals who adhered to more of these healthy habits experienced slower rates of cognitive decline compared to those who engaged in fewer healthy practices. **This encouraging result held true even when factors like age, education, and genetic risk were taken into account.**

## Empowering Individuals and Families

This study empowers individuals with dementia and their families to take an active role in **managing the disease.** While there's no cure yet, adopting healthy habits provides a sense of control and potential for improved cognitive function. **This can translate to greater independence, enhanced quality of life, and a more hopeful outlook.**

While this study offers promising results, it's crucial to approach it with realistic expectations. The impact of healthy habits may vary depending on individual factors and the stage of dementia. **However, embracing a healthy lifestyle offers a multitude of benefits beyond potentially slowing cognitive decline, including improved physical health, better sleep, and enhanced mood.**



MyStrength by Teladoc is a digital mental health program **designed to help people manage stress, anxiety, depression, and other emotional challenges.** It offers a variety of evidence-based tools and resources, including:



### Personalized assessments

MyStrength starts with a personalized assessment that *helps you identify your specific needs and goals.*



### Interactive activities

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### Educational resources

You'll also have access to a library of educational resources, *such as articles, videos, and podcasts.*



### Community support

MyStrength also offers a community forum where you can *connect with other people who are using the program.*

MyStrength is designed to be used in conjunction with traditional mental health treatment, such as therapy or medication. **However, it can also be used as a stand-alone program for people who are looking for additional support.**

## Benefits of using MyStrength

- ① **Convenient and accessible:** You can access MyStrength from anywhere, at any time.
- ② **Personalized:** The program is tailored to your individual needs and goals.
- ③ **Evidence-based:** The tools and resources are based on the latest scientific research.
- ④ **Affordable:** MyStrength is often more affordable than traditional therapy.

If you're struggling with your mental health, MyStrength may be a good option for you. **It's important to talk to your doctor to see if the program is right for you.**