



Healthy Brain Aging: Evidence Based Methods to Preserve Brain Function and Prevent Dementia, An issue of Clinics in Geriatric Medicine (The Clinics: Internal Medicine)

Abhilash K. Desai

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This issue examines what is a healthy aging brain and covers preventive measures for successful cognitive aging. Topics covered include: A road map to healthy aging brain; Cardiovascular risk factors, cerebrovascular disease burden and healthy aging brain; Healthy aging brain: Impact of head injury, alcohol and environmental toxins; Healthy aging brain: What has sleep go to do with it?; Endocrine aspects of healthy aging brain; Healthy aging brain: Role of exercise and physically active lifestyle; Healthy aging brain: Role of nutrition and nutritional supplements; Healthy aging brain: Role of cognitive reserve, cognitive stimulation and cognitive exercises; Healthy aging brain: Impact of positive and negative emotions; Dementia risk predictor. Are we there yet?; Potential future neuroprotective therapies for neurodegenerative disorders and stroke; Healthy aging brain: Importance of promoting resilience and creativity.

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