

ALZHEIMER'S AND BRAIN AWARENESS MONTH

10 Ways to care for your Brain:



5.8 million Americans are living with Alzheimer's today. Alzheimer's is a fatal form of dementia and while we cannot necessarily prevent ourselves from developing the disease, we can reduce the risk of and delay cognitive decline by taking care of our brain.

- 1.) Read often.
- 2.) Participate in regular cardio exercise.
- 3.) Challenge your mind by playing games or trying something new.
- 4.) Stay socially engaged.
- 5.) Take care of your mental health, seek professional help if necessary.
- 6.) Get enough sleep.
- 7.) Eat a balanced diet, low in fats but high in fruits and vegetables.
- 8.) Do your best to prevent brain injury by wearing your seatbelt or wearing a helmet while playing a sport or riding a bike.
- 9.) Take care of your heart- obesity, high blood pressure, and diabetes can negatively impact your cognitive health.
- 10.) Quit smoking- smoking increases the risk of cognitive decline, but quitting decreases that risk back to the level of a non-smoker.



COVID-19 HEALTH TIPS

Please visit kycovid19.ky.gov for the latest updates on COVID-19 in Kentucky or call the Kentucky state hotline at 1-800-722-5725



Wash hands frequently with **soap and water** for **20+ seconds**



Avoid touching eyes, nose, and mouth



Use **tissues** and **cover your mouth** when coughing



Stay home from work or school if you are **sick or showing symptoms**



Throw away tissues after coughing, sneezing or blowing nose



Clean and disinfect surfaces regularly used and touched

TEAM KENTUCKY
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MENTAL HEALTH CORNER

PTSD Awareness Day- June 27, 2020

Post Traumatic Stress Disorder, PTSD, is a disorder that develops following a shocking, scary, or dangerous event such as combat, physical or sexual violence and/or assault, an accident, or other extreme or life-threatening events. It is normal for most people to have trouble adjusting and coping following such an event, however it usually gets better with time. If you are experiencing severe stress, anxiety, or fear months or years following the event, it may be an indicator of PTSD. PTSD is treatable with medication and therapies once diagnosed by a Mental Health or Medical professional. If you are experiencing severe stress or other symptoms following a traumatic event, seek help from your medical provider or a Mental Health Professional.

DID YOU KNOW?

More than 8 million Americans suffer from PTSD.

Children suffer from PTSD too, 40% of children experience trauma during childhood.

About 40% of people who start treatment show positive results within 6 weeks.