

The brain is a key part of our bodies; it serves as the interpreter of our senses, the initiator of our movement and the controller of our behavior. When healthy, the brain functions

with speed and ease. When disease strikes, however, the brain can develop complex conditions that are dangerous and, in some cases, life-threatening.

AVOID A

BRAINWRECK



Our specialty is you.

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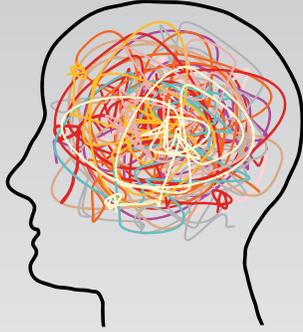


Avoid A Brainwreck is powered by Spirit of Women®, a national network of hospitals and healthcare providers across the United States that ascribe to the highest standards of excellence in women's health, education, and community outreach.

WHAT WE KNOW ABOUT BRAIN DISEASE

Approximately 50 million people in the U.S. suffer from damage to the nervous system. The National Institute of Neurological Disorders and Stroke (NINDS) provides research on more than 600 different neurological diseases, including:

- Convulsive disorders (ex. epilepsy)
- Neurogenetic diseases (ex. Huntington's disease and muscular dystrophy)
- Developmental disorders (ex. cerebral palsy)
- Degenerative diseases of adult life (ex. Parkinson's disease and Alzheimer's disease)
- Metabolic diseases (ex. Gaucher's disease)
- Cerebrovascular diseases (ex. stroke and vascular dementia)
- Trauma (ex. spinal cord and head injury)
- Infectious diseases (ex. AIDS and dementia)
- Brain tumors



Health is Action[®]

Stop a brain wreck in its tracks. Partner with your local Spirit of Women hospital to take back your health by choosing to make the necessary lifestyle changes today for a healthier tomorrow!

SOURCES:

www.ninds.nih.gov
www.health.nih.gov
www.nia.nih.gov
www.nlm.nih.gov
www.dirjournal.com
www.brainpower.org



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FACTS ABOUT COMMON BRAIN DISORDERS:

Concussions are traumatic brain injuries that temporarily interfere with brain function.

TREATMENT—It is extremely important to see a physician as soon as you experience a concussion to determine its severity. Acetaminophen (Tylenol) may be prescribed for the headaches that often accompany a concussion. Your physician may also caution against exercise and alcohol.

Seizures occur due to sudden abnormal electrical activity in the brain. People often view seizures as convulsions, during which the person's body shakes rapidly and uncontrollably—yet not all seizures produce convulsions. Most seizures last between 30 seconds and 2 minutes, and fall into two primary groups:

- *Focal seizures* (also known as partial seizures), occur on a single side of the brain.
- *Generalized seizures* are a result of abnormal activity on both sides of the brain.

TREATMENT—Medication can be prescribed to control seizures. See your local Spirit of Women physician to determine the best treatment for you.

Epilepsy is a brain disorder that occurs when clusters of nerve cells, or neurons, transmit incorrect signals to the brain. This disorder is often caused by illness, brain injury or abnormal brain development. A person who experiences two or more seizures is considered to have epilepsy.

TREATMENT—Once diagnosed, it is crucial to begin treatment for epilepsy immediately. An estimated 80% of those diagnosed early have been able to successfully control their disease with modern medicines and surgical techniques.

Alzheimer's Disease is a progressive brain disorder that slowly erodes memory and thinking skills, eventually preventing a person from performing the simplest of tasks. This irreversible disease typically occurs after age 60 and is most commonly caused by dementia, the loss of cognitive functioning (thinking and remembering).

TREATMENT—Exercises used to build and maintain mental function, as well as immunization therapy, cognitive training and physical activity can help control Alzheimer's.

Cerebral Palsy refers to a number of neurological disorders that appear in infancy or early childhood permanently affecting body movement and muscle coordination.

TREATMENT—Physical and occupational therapy, speech therapy, medication, wheelchairs, rolling walkers, and communication aids (such as computers with voice synthesizers) can all help curb symptoms of cerebral palsy.

TIPS FOR A HEALTHY BRAIN

- Interact with others – conversation is good for the mind and body.
- Exercise regularly – increase the formation of new brain cells and strengthen the portion of your brain responsible for memory and learning.
- Challenge your mind – brain teasers and puzzles are all great options for brain exercise!
- Sleep well – a well-rested body can help keep your brain in tip-top shape.
- Maintain a healthy diet:
 - Blueberries help to improve memory function.
 - Salmon, rich in Omega-3 fatty acids, develops tissue that helps increase brain power.
 - Flax seeds promote blood flow to the brain.

Need a primary care physician or specialist? Contact St. Luke's Physician Referral Service at 314-205-6060 or visit stlukes-stl.com.



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