

HEALTH TIP



SPORTS NEUROLOGY
& PAIN MEDICINE
LOS ANGELES • CALIFORNIA

L♥VE YOUR BRAIN

The human brain grows three times its size in the first five years of life and that growth will continue until about 18. Here are some ways to keep your brain healthy as you age.



Hydrate

Up to 75% of the brain is made of water. Dehydration has a negative impact on your brain's function.



Stay Sharp

The brain begins to lose some memory ability as early as the late 20's. Engaging in activities to keep your brain sharp is important and the earlier you start, the better!



Moderate alcohol consumption

Alcohol's effects on the brain usually disappear once it is metabolized, but heavy consumption over a long period of time can permanently damage the brain – including reduced cognitive function and memory issues.



Exercise

The brain uses up to 1/4 of the oxygen in our bodies at any given time. Aerobic exercise is a great way to oxygenate your blood and provides your brain with other great benefits as well.



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