

## **Mayo Clinic Minute**

### **How to keep your mind sharp**

<b>Video</b>	<b>Audio</b>
<b>Vivien Williams</b>	Is there anything you can do to prevent dementia?
<b>David Knopman, M.D.</b> <b>Neurology</b> <b>Mayo Clinic</b>	“What I try to emphasize is a series of things — not just one thing. There is no quick fix here.”
<b>Vivien Williams</b>	Dr. David Knopman says there’s no way to stop dementia, but there are things you can do that may help stave off symptoms, especially if you start young.
<b>David Knopman, M.D.</b>	“Stay mentally, physically and socially active and engaged.”
<b>Vivien Williams</b>	He says the more educated people are, the better their brain health is. So, keep your mind active with anything that is mentally challenging and engaging. Also, get moving with cardio exercises, socialize with family, friends or a social group and eat a healthy diet.
<b>David Knopman, M.D.</b>	“Diet might play some modest role, but it’s those other things that make a difference, and, actually, they make a difference over the lifespan.”
<b>Vivien Williams</b>	But adopting a brain-healthy lifestyle may be beneficial at any age. For the Mayo Clinic News Network, I’m Vivien Williams.