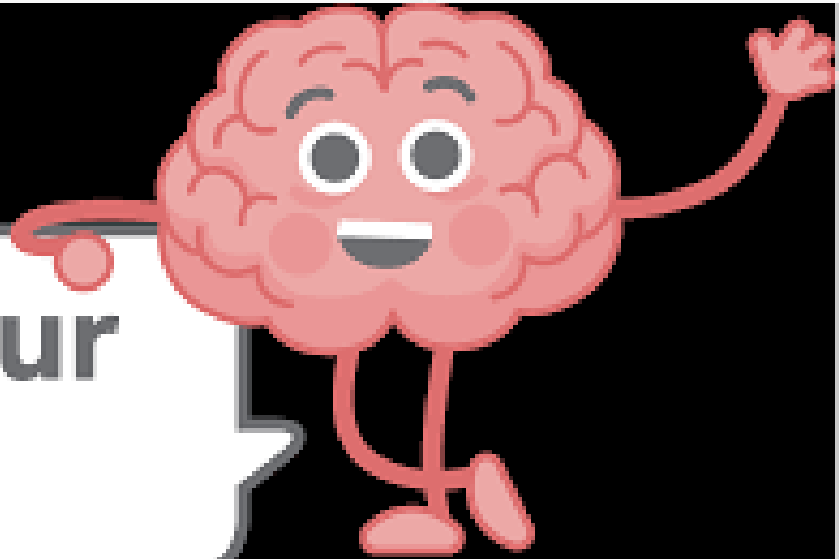


# Understanding the Aging Brain and How to Keep it Healthy!



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October 13, 2025

**Meet Your  
Brain!**



# To understand how to keep your brain healthy, you have to understand some brain facts



- ▶ Size of 2 grapefruit
- ▶ Weighs 3 lbs
- ▶ 4 lobes per side
- ▶ Billions of neurons
- ▶ 90% is “on” 90% of the time
- ▶ Controls everything you think, feel, say and do!

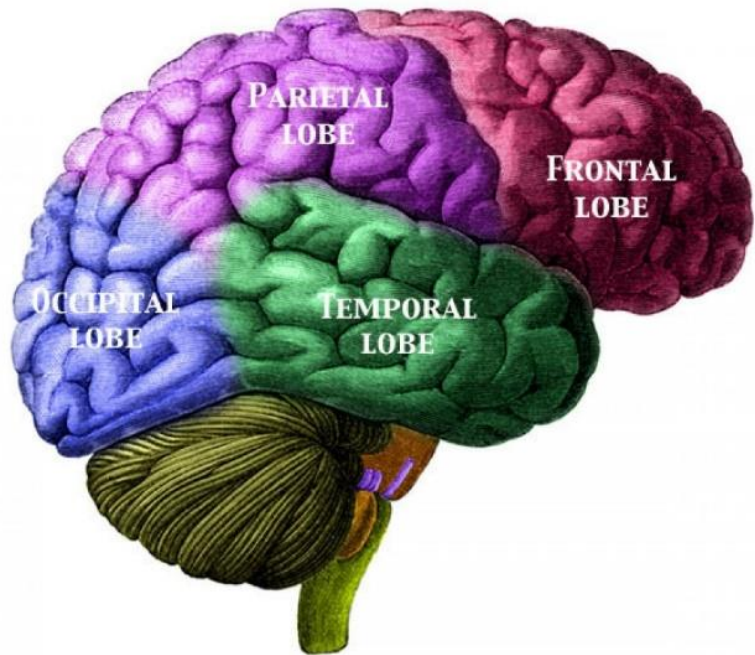
# Cognitive Function: a simple view

## Thinking functions

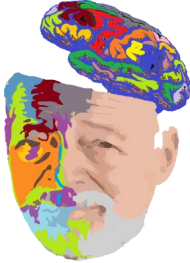
- ▶ Paying attention
- ▶ Multitasking
- ▶ Remembering
- ▶ Speaking/understanding language
- ▶ Spatial skills

## Related functions

- ▶ Personality
- ▶ Emotions



# The spectrum of cognitive function



Normal  
brain aging

Abnormal  
brain  
aging

Dementia  
Stages

Mild Cognitive Impairment (MCI)

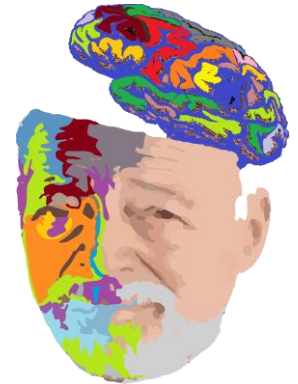
Early Middle Late

***Alzheimer's is not an inevitable consequence of aging!***

*What are my chances of developing Alzheimer's?*

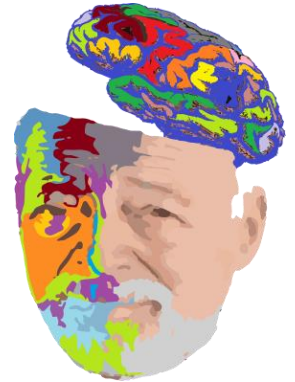
# What is normal brain aging?

- ▶ Slowing down of thought processes
- ▶ Decreased attention span
- ▶ Difficulty remembering names (people, places, objects, and the like)
- ▶ Mild short-term memory loss
- ▶ More difficulty multitasking (focus on one thing at a time)
- ▶ Mild changes in personality (e.g., more serious), occasional lapses in judgment, moodiness or irritability, and fatigue



# What is **ab**normal brain aging?

- ▶ Can't remember familiar names (spouse, children, grandchildren, friends)
- ▶ Loses train of thought in conversation
- ▶ Repeats stories, can't recall own background or basic facts of history
- ▶ Needs assistance with or can no longer do activities requiring planning/problem-solving/multitasking: driving, cooking, cleaning, washing, shopping, bill paying, managing meds, using phone or computer
- ▶ New onset major depressive or anxiety disorder



# What is Mild Cognitive Impairment (MCI)?

- ▶ Intermediate state of brain function between normal brain aging and Alzheimer's/dementia
- ▶ Significantly more cognitive function loss (multitasking, remembering, speaking/understanding language, spatial skills) than expected for age and level of education (i.e., **ab**normal brain aging) but still functioning independently for most part
- ▶ Half to three-quarters of people with MCI will develop Alzheimer's within 5 years of diagnosis



# What is Alzheimer's and dementia?

Dementia: a neurodegenerative disease that causes **cognitive function loss** (multitasking, remembering, speaking/understanding language, spatial skills) ***resulting in* functional dependence**

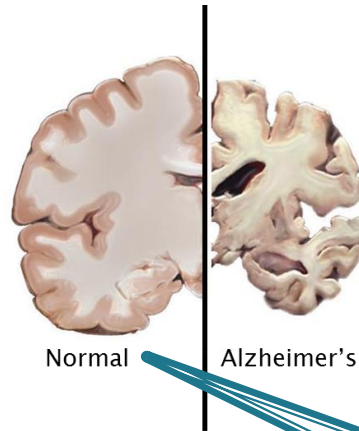
Alzheimer's disease is the most common type of dementia

The cause of Alzheimer's disease is largely unknown but there are now two FDA-approved drugs to slow the progression

# What are the functional effects of Alzheimer's disease?

## ▶ Instrumental Activities of Daily Living (IADLs)

- Cooking
- Driving
- Finances
- Housework
- Medication management
- Shopping
- Cell phone and computer use

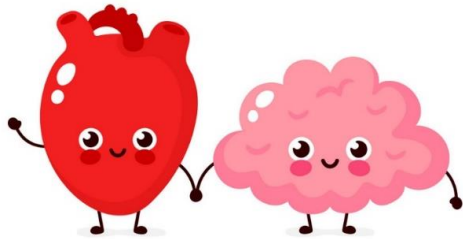


## ▶ Activities of Daily Living (ADLs)

- Bathing
- Contenance and toileting
- Dressing
- Feeding
- Walking and transferring

How do I keep my brain like this?!

# 13 Ways to Keep Your Brain Healthy



1. Exercise your body:  
90-150 minutes per  
week or 7500 steps daily



2. Don't smoke!



3. Keep BP < 130 systolic



4. Stay socially engaged



5. Exercise your  
brain!



# 13 Ways to Keep Your Brain Healthy



7. No to moderate alcohol intake

8. Supplements



Valuable:  
Vitamins B12 and D,  
multivitamin?

No value:  
Prevagen, Neuriva,  
coconut oil

9. Reduce stress



10. Sleep well for 7–9 hrs and treat sleep apnea





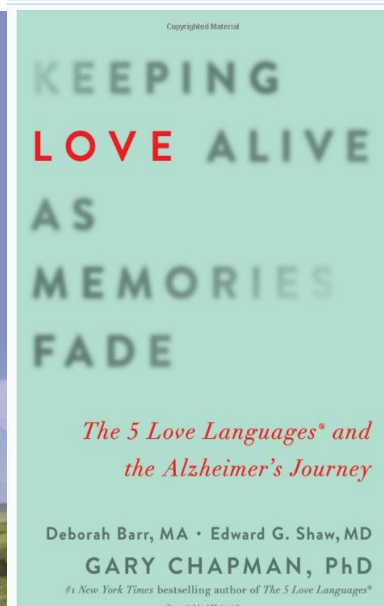
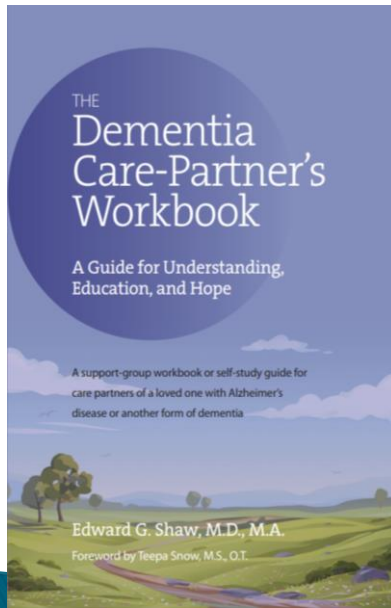
THANK  
YOU!

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