

Keep Sharp

Build a Better Brain at Any Age

by Dr. Sanjay Gupta

Discussion for Faculty Days

August, 2021



My mom's story



- Good genetics
- Cigarettes
- Cancer
- Dementia



Sanjay on *Fresh Air*

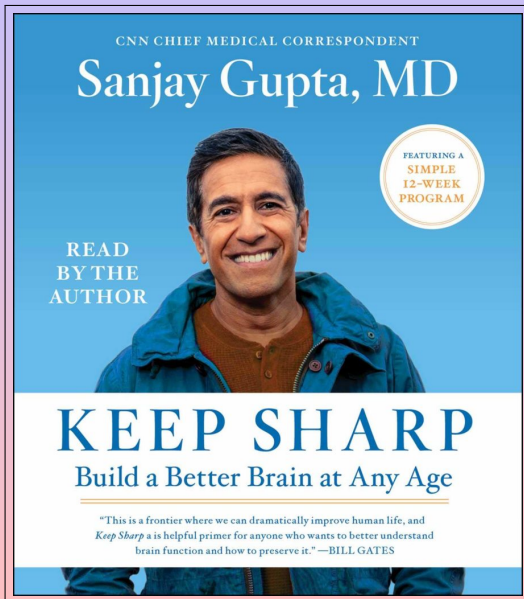
Brain health

It's really about your happiness and how much joy you have.

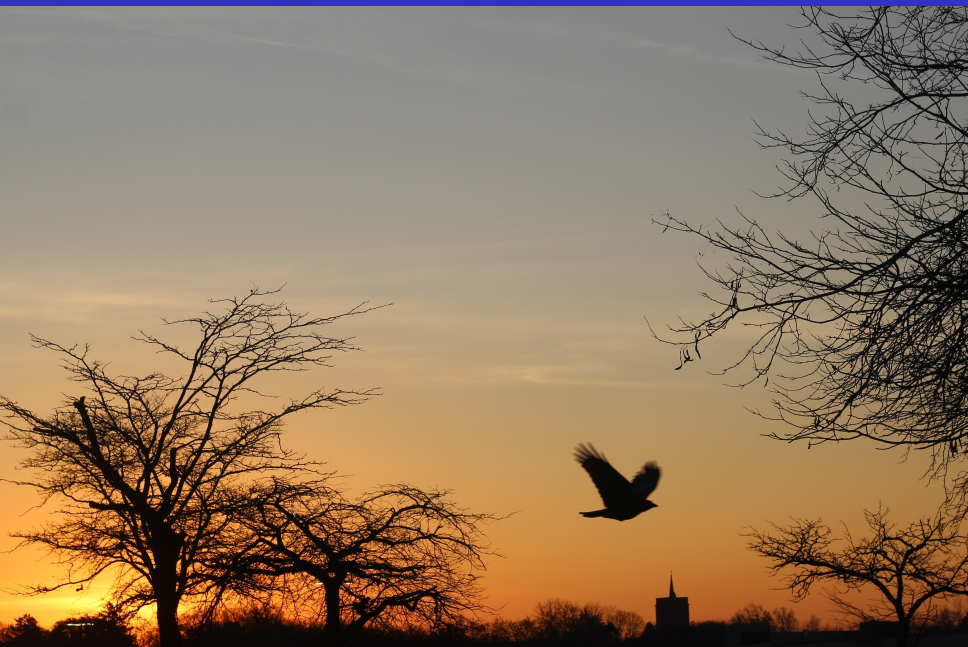


Key points

- Exercise
- Learn new things
- Sleep well and relax
- Eat well
- Connect socially



Exercise



Learn new things (not just practicing)

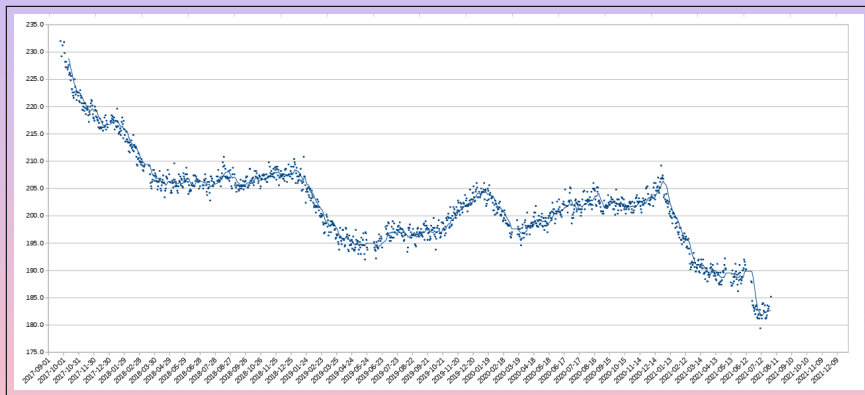


Sleep well and relax



slumberland

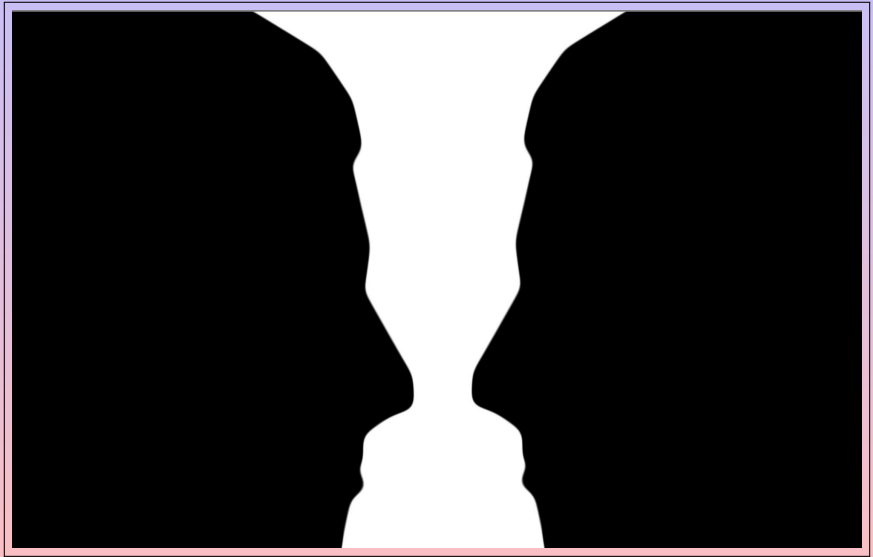
Eat well



Connect socially



Focus and Multitasking



Challenges post(?) - Covid

