



**Cleveland Clinic**  
Wellness

TANYA I. EDWARDS, MD, CENTER FOR INTEGRATIVE AND LIFESTYLE MEDICINE

## Brain Health & Wellness

PROTECTING YOUR MEMORY AND THINKING SKILLS

If you, like all of us, hope to live a long and productive life, remember that the health of your brain is just as important as the health of the rest of your body. Many programs are available to help you stay physically fit over the years. Cleveland Clinic Brain Health & Wellness is one of the first to help you sharpen your mental fitness.

Taking steps to protect your brain health will help you enjoy a fulfilling, productive career and, later on, an active and meaningful retirement.

Ours is a preventive program, geared to healthy adults of any age who wish to keep their memories clear and their cognition razor sharp over time. Brain Health & Wellness is a good fit if you're an experienced professional who wants to stay at the top of your game. It is also a good fit if you are concerned about occasional memory lapses including those associated with aging, such as:

- Forgetting where you've put your phone
- Having difficulty remembering computer passwords
- Forgetting your car keys
- Having a new colleague's name escape you

To find out if Brain Health & Wellness is right for you, a preventive medicine specialist will first perform a thorough assessment. If we determine that further evaluation is indicated, we will refer you to the appropriate Cleveland Clinic specialists. If evaluation demonstrates that our program can benefit you, we will schedule your Brain Health & Wellness appointments.

### [How our program can help you](#)

Brain Health & Wellness offers a variety of activities to help you maximize your memory and stay mentally sharp. These include:

- **Cognitive exercises:** Stretch your mind with memorization tools, with gaming and with integrated sensory-motor activities to engage multiple brain domains simultaneously to enhance beauty and meaning in your life.
- **Nutrition education:** Learn about the differences between whole foods and processed foods and between real foods and manufactured calories, and how these distinctions have important consequences for your brain.
- **Physical activity:** Focus on cardiovascular and interval training, balance and posture. Learn how to increase opportunities to move throughout the day so as to enhance the flow of nutrients and oxygen to your brain.

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- **Relaxation training:** Discover how to use imagery, meditation and mindfulness to lower your stress levels and protect your brain function.

### Guidance from a team of experts

A team of professionals led by preventive medicine specialist Roxanne B. Sukol, MD, Director of Brain Health & Wellness and Medical Director of the Wellness Enterprise, will guide you through the series of shared medical appointments. The team includes experts on:

- Brain health
- Nutrition
- Exercise physiology
- Yoga and meditation
- Occupational therapy

As part of the program, you'll also develop a personalized handbook that contains a customized set of handouts and tools focusing on your particular areas of interest.

### Learning in a shared setting

Brain Health & Wellness involves a series of six in-depth, shared medical appointments. The shared medical appointment model allows you to participate with others who share similar health concerns. The unique three-hour appointments, which take place every other week over three months, offer distinct advantages. You will:

- Enjoy increased time with your medical providers.
- Obtain more information than you would from an individual appointment, as you learn from others' comments and interactions with experts.
- Benefit from the support of others in the group.

### Being proactive about brain health

Routine screenings for high blood pressure, body mass index and cholesterol levels provide insight into how to take steps to protect our future health. Taking steps to protect your brain health is equally important.

Conditions such as menopause, chronic stress, depression and anxiety all affect memory and concentration. The risk of memory loss may also increase with stroke, heart attack, thyroid disease, vitamin deficiencies, celiac disease and irritable bowel, among many other medical conditions.

Whether or not a personal or family medical history increases your risk of memory loss, or you simply want to improve your memory and focus, research shows that you can build your brainpower. The keys are to engage in meaningful activities, exercise regularly and learn new skills that require concentration — and Brain Health & Wellness allows you to do just that.

### Covered by most plans

Shared medical appointments are covered by most insurance plans. Participants are responsible for insurance copays for each appointment and for a one-time charge for program materials. (There is no copay for the physician component of this program for Cleveland Clinic employees.)

Brain Health & Wellness appointments are currently being scheduled in the serene surroundings of the Wellness Institute on Cleveland Clinic's Lyndhurst campus.



Learn more about Cleveland Clinic Brain Health & Wellness by calling [216.448.HEAL \(4325\)](tel:216.448.HEAL) or by visiting [clevelandclinic.org/wellness](https://clevelandclinic.org/wellness).