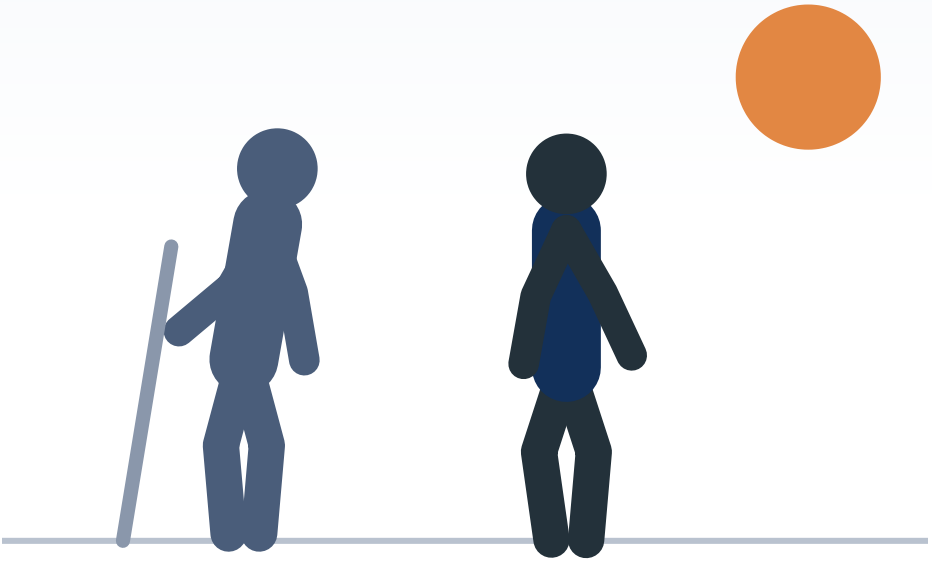
Healthy brain ageing

Keep Your Brain Young After 50



Dr Anand Diwan

Consultant Neurologist · Adults & Children
Brain, spine, nerve & muscle specialist

MBBS, DNB (Neurology) · MMC Reg. No. 88279

Narayani Hospital **0253 2224411**
Dr Anand Diwan Neurology Clinic **0253 2472111**

Scan to book your appointment

Conditions treated at our clinic

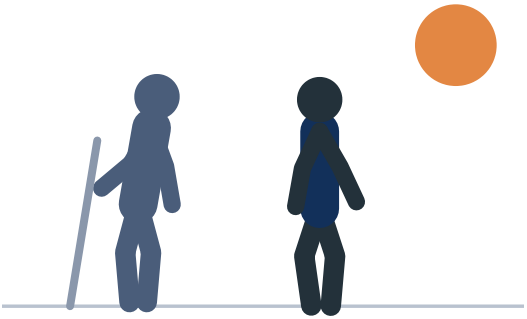
- Epilepsy and seizures (fits)
- Stroke and paralysis
- Migraine and frequent headache
- Vertigo, giddiness, loss of balance
- Parkinson's disease, tremor, slowness
- Memory loss, dementia
- Neck and back pain, sciatica, spondylosis
- Numbness, tingling, nerve pain (neuropathy)
- Muscle weakness (myopathy)
- Head injury after an accident
- Sleep problems
- Children: seizures, developmental delay, slow walking or talking

Tests at Narayani Hospital, under one roof

EEG · Video EEG · EMG / NCS · VEP · BERA · VNG (vertigo test) · CT brain · CSF test · All blood tests

Not everyone needs tests. When they are needed, Dr Diwan explains which ones and why.

Can we protect memory as we age?



Yes. International research suggests that **nearly half of dementia cases** are linked to factors we can change. It is never too early – or too late – to start.

Normal ageing vs warning sign

- Normal: forgetting a name, remembering it later
- Warning: forgetting recent events, repeating questions, getting lost on known roads

14 risk factors you can work on

- High BP
- Diabetes
- High (LDL) cholesterol
- Smoking and tobacco
- Too much alcohol
- Being overweight
- Physical inactivity
- Hearing loss – not using a hearing aid
- Poor eyesight – untreated cataract
- Depression
- Loneliness and social isolation
- Head injury
- Air pollution
- Less education / no mental challenge

Based on the 2024 Lancet Commission report on dementia prevention.

Body: move, eat, check

Walk

At least 30 minutes, 5 days a week. Add simple strength and balance exercises.

Check every year

BP, sugar, cholesterol, weight; eyes and hearing.

Hearing aid

If you have difficulty hearing, use one. Poor hearing strains the brain.

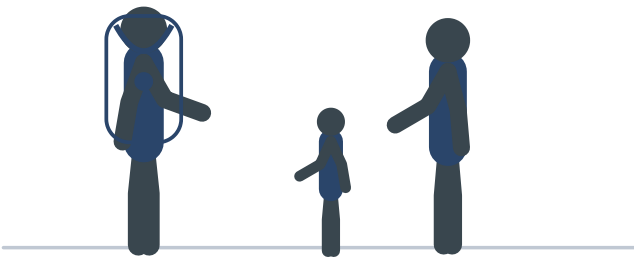
Prevent falls

Good lighting, no loose rugs, grab bars in the bathroom, proper footwear.



Mind: learn, connect, rest

- Learn something new – music, a language, computer or a craft
- Read, write, solve puzzles, play cards or chess
- Meet friends, join a group, temple, club or volunteer
- Keep a hobby and a daily purpose
- Sleep 7–8 hours; get snoring checked
- Talk about worries – depression in older people is common and treatable



Daily brain fitness checklist

Today I...	✓
walked or exercised for 30 minutes	
talked or laughed with someone	
learnt or read something new	
ate vegetables and fruit; little salt and sugar	
took my medicines on time	
avoided tobacco and alcohol	
slept 7–8 hours	

See a doctor if

- Memory problems affect daily work or money matters
- Getting lost, or a change in personality
- Memory falls quickly over weeks or months

Appointments

Monday to Saturday · Closed on Sundays

Narayani Hospital

Consultation, tests & admission

Shree Vallabh Nagar, behind Chaan Hotel, near Mumbai Naka, Nashik 422009

Consult 11 am – 3 pm · Tests 10 am – 5 pm

Hospital open 24 hours for emergencies

0253 2224411

Dr Anand Diwan Neurology Clinic

Evening consultation

11 Yashika Plaza, near Satyam Sweet, Govind Nagar, Nashik 422009

Consult 6 pm – 8 pm

0253 2472111

Scan to book your appointment

Or book on WhatsApp

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WhatsApp is for booking appointments only.

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www.diwanneurology.com

Read more online

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This booklet gives general information and does not replace medical advice. In an emergency, go to the nearest hospital.