

# Check your brain health



Your brain changes as you get older. Not every brain ages in the same way. Some of these changes are a normal part of aging, such as forgetting where you just put something. Changes in mood can be another sign that your brain is changing.

Other kinds of changes could be caused by a health issue, such as diabetes or heart disease. Forgetting things you just learned or getting lost in places you know well are not caused by normal changes in your brain.

As people age, many factors affect brain health. Three of the main factors are:



Your family's genes  
and health history



Your environment



The health choices  
you make

## Working with your healthcare provider

One of the ways you can help keep your brain healthy is to work with your healthcare provider. They can do health screenings to check your body and brain health.

You can get started by filling out the brief Healthy Brain Checklist on the back of this sheet.

Then show it to your healthcare provider at your next office visit. Together you can come up with an action plan to help support your brain health.

See other side 



Take a few minutes to fill out this checklist. Then show it to your healthcare provider at your next office visit. It will help your provider learn more about your brain health.

## Healthy Brain Checklist™

### 1. Do you need help remembering appointments, family occasions, holidays, or taking your medicine?

- Yes     No

### 2. In the table below, check the tasks that you are having a harder time doing now than you did in the past.

<input type="checkbox"/> Remembering important details of things I have done in the past few weeks.	<input type="checkbox"/> Remembering the name of someone I know well.
<input type="checkbox"/> Remembering to do things I said I would do.	<input type="checkbox"/> Remembering what I was going to say in a conversation.
<input type="checkbox"/> Remembering recent events or conversations.	<input type="checkbox"/> Remembering what I was going to do when going into another room.
<input type="checkbox"/> Retelling a story or joke to the same person because I forgot that I had already told them.	<input type="checkbox"/> Finding things I have just put down.
<input type="checkbox"/> Completing complex tasks at work or home (i.e. balancing checkbook, planning projects).	<input type="checkbox"/> Recalling a specific word I want.

### 3. Check each feeling that applies: “During the last month I have felt...”

- |  |  |
|--|--|
| <input type="checkbox"/> That I cannot stop feeling “down” or “blue,” even with help from family or friends. | <input type="checkbox"/> Hopeless about the future.          |
| <input type="checkbox"/> All pleasure and joy has gone from life.  | <input type="checkbox"/> That everything was an effort.      |
|  | <input type="checkbox"/> Low in energy or slowed down a lot. |

In the space below, write down any other concerns you have about your memory or mood:

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**Remember to show your completed checklist to your healthcare provider at your next office visit.**

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