

# Understanding Brain Health

Learn more about common conditions that can negatively affect the health of your brain

The brain is a complex and fascinating organ that needs to be taken care of from the time in utero to the life you live today and in the future as brain health is a lifelong aspiration. The brain controls so much of your daily functions, so maintaining brain health allows you to live a productive and useful life. Unfortunately, there are many conditions that can negatively impact brain health. In the chart below, you'll learn more about those conditions, some examples and how they affect brain health.



## Examples of Conditions that Impact Brain Health:

Condition	Examples	Symptoms
<b>Stroke &amp; Other Vascular Disorders</b>	<ul style="list-style-type: none"> <li>• Stroke</li> <li>• Haemorrhages</li> <li>• Aneurysm</li> <li>• Blood clot</li> </ul>	Brain lesions causing dizziness, numbness or weakness on one side of the body, motor and visual problems and more
<b>Headache</b>	<ul style="list-style-type: none"> <li>• Migraine</li> </ul>	Nausea, vomiting, severe pain on one side of the brain, impairment of activities, and light and sound sensitivity
<b>Degenerative Diseases</b>	<ul style="list-style-type: none"> <li>• Alzheimer's Disease</li> <li>• Dementia</li> <li>• Parkinson's Disease</li> </ul>	Progressive memory loss, cognitive impairment, and disorders of movement
<b>Trauma</b>	<ul style="list-style-type: none"> <li>• Concussion</li> <li>• Traumatic Brain &amp; Spinal Injury</li> </ul>	Seizures and reduced memory and cognitive function; Paraplegia
<b>Epilepsy</b>	<ul style="list-style-type: none"> <li>• Focal and generalized seizures</li> </ul>	Convulsions, cognitive impairment and social impact
<b>Immune-Mediated Disorders</b>	<ul style="list-style-type: none"> <li>• Multiple Sclerosis</li> <li>• Systemic Lupus Erythematosus</li> </ul>	Impairment of gait, sensation, vision and cognition
<b>Inflammation</b>	<ul style="list-style-type: none"> <li>• Encephalitis</li> <li>• Meningitis</li> </ul>	Headache, seizures, deafness, impaired cognition and ambulation
<b>Malnutrition</b>	<ul style="list-style-type: none"> <li>• Developmental Disorders</li> <li>• Deficiency States</li> </ul>	Disturbed brain development, reduced cognitive function, focal and generalized neurological impairments
<b>Mental Health</b>	<ul style="list-style-type: none"> <li>• Depression</li> <li>• Anxiety</li> </ul>	Changed mood and cognitive function
<b>Cancer</b>	<ul style="list-style-type: none"> <li>• Brain tumors</li> <li>• Brain cancers</li> </ul>	Headache, pain, focal and generalized brain function impairment