

What Happens When Brains Are Not Healthy

Patients around the globe may face barriers in attaining brain health

Poor brain health doesn't just impact how the brain works and the body functions, it impacts every aspect of a person's life. Impaired brain health impacts a person's ability to go to school or work, participate in their community and live independently. Maintaining and improving brain health will help a person to live a long and fulfilling life while avoiding cognitive and physical challenges that come with poor brain health.



What Risks Brain Health

Keeping brains healthy isn't as simple as eating a balanced diet and getting in physical activity. Unfortunately, there are many barriers to brain health that make accessing healthcare to prevent, diagnose and treat brain diseases and disorders difficult. These barriers are common but complex and impact millions of people around the globe.

Barrier to Brain Health	Impact	Why It Matters
Poverty and Trauma	Reduced brain functions such as memory, planning and decision-making	Poverty and head trauma experienced at any age impacts brain development which is important for language, learning and attention.
Allocation of Resources	Inability to access treatments and resources necessary to manage their care	The reallocation of government healthcare resources to deal with public health crises may worsen some patients' access to care and threaten brain health.
Scarcity of Public Health Resources	Basic preventative and restorative healthcare for neurological disorders could be unattainable	Public health education programs combined with environmental factors such as clean air, clean water and good nutrition, are essential elements for brain health. Lack of resources in these areas impair brain health.
Access to Specialists	Trouble accessing comprehensive neurological care	The lack of trained specialists and allied healthcare professionals makes it more difficult to remedy conditions that lead to poor brain health and treatment of brain disease.
Cost of Treatment	Healthcare becomes inaccessible especially for those with complex neurological conditions or in resource-poor countries	The lack of affordable healthcare risks increased disability and more early deaths.