



News Release

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Ten Ways to Maintain a Healthy Brain

Expert Suggests Simple Life Modifications in Commemoration of Healthy Aging Month

Irvine, CA, September 7, 2006— September is Healthy Aging Month and maintaining a healthy brain is an important part of healthy aging. Dr. William Shankle, a dementia specialist and Chief Medical Officer of Medical Care Corporation offers the following tips to keep your brain healthy.

1. Exercise at least 3 times a week 30 minutes each time
2. Engage in mental exercise: read, write, learn new things
3. Eat foods high in omega-3 fatty acids such as salmon, walnuts, green leafy vegetables
4. Follow a diet that's lower in calories and fat, particularly saturated fat
5. Control your cholesterol level
6. Control your blood pressure
7. Control your weight
8. Relax and sleep well
9. Manage anxiety and stress
10. Maintain a socially active lifestyle

About Medical Care Corporation

Medical Care Corporation specializes in the development of medical technologies that enable healthcare providers to deliver improved levels of care in the field of dementia. Medical Care Corporation's electronic dementia care system gathers, organizes, and synthesizes patient and treatment information so that healthcare providers are equipped to provide care at the highest possible level. www.mccare.com