

# Brain Health



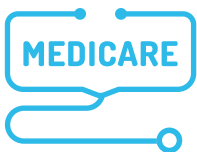
Our brains age like the rest of our body. Some small changes in memory are normal.



There are things we can do to keep our [brains healthy](#) like exercising and [quitting smoking](#).



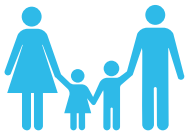
If [changes in your memory or ability to think](#) start impacting your life, visit a doctor and explain what is happening.



For persons age 65 and older who have Medicare, the [Medicare Annual Wellness Visit](#) is a yearly opportunity to discuss any changes in your memory or ability to think with your doctor.



Sometimes changes in memory and thinking can be a symptom of medical conditions such as [Alzheimer's disease](#), a type of dementia.



If dementia is suspected, an [early diagnosis](#) is very important so that you or your family can get the medical care and help needed.



There are [Memory Assessment Centers](#) across Virginia where you or a loved one can receive a diagnosis and treatment.



Recent [Medicare changes](#) allow clinicians to get reimbursed for helping patients with a new dementia diagnosis develop a detailed plan of care.



Doctors and patients should discuss brain health at every stage of life and [especially after the age of 65](#).



Discussions about brain health are very important for African Americans and Hispanics due to a higher risk of dementia later in life.