

“Optimal brain health refers to an optimal capacity to function adaptively in the environment. This could be assessed in terms of competencies across the domains of thinking, moving, and feeling,.... the abilities pay attention, perceive, and recognize sensory input; to learn and remember; to communicate; to problem solve and make decisions; to have mobility; and to regulate emotional status. These domains are largely attributable to the functions of the brain (except for aspects of mobility); can be operationally defined and measured; are affected by environment, behaviors, and disease; and are potentially modifiable if changes are detected early enough. These constructs can be readily understood by patients and their primary care providers and should be used as the equivalent of vital signs of the brain, and thus, early warning indexes of brain health to be monitored and addressed at an at-risk stage for the brain.”

Gorelick PB, Furie KL, Iadecola C, Smith EE, Waddy SP, Lloyd-Jones DM, Bae HJ, Bauman MA, Dichgans M, Duncan PW, Girgus M, Howard VJ, Lazar RM, Seshadri S, Testai FD, van Gaal S, Yaffe K, Wasiaik H, Zerna C; American Heart Association/American Stroke Association. Defining Optimal Brain Health in Adults: A Presidential Advisory From the American Heart Association/American Stroke Association. *Stroke*. 2017 Oct;48(10):e284-e303.