

Brain health involves the function of your brain in regard to many areas including: Cognitive health; Motor control; Emotional regulation; Tactile sensation and function. (1)

There were 569,600 Canadians living with dementia in Canada in 2020.(2) This number is expected to grow to 2 million by 2050.(3)

While cognitive decline and brain health disorders primarily affect older adults, it is not an inevitable part of ageing. (4)

There is no cure for cognitive decline currently available.

1 in 3 people will develop a neurologic disorder at some point in their life. Making them the leading cause of disability globally. (5)



### Source:

1. Cognitive Health and Older Adults | National Institute on Aging [Internet]. [cited 2022 Oct 6]. Available [here](#)
2. Chambers LW, Bancej C, Mcdowell I. The Alzheimer Society of Canada in collaboration with the Prevalence and Monetary Costs of Dementia in Canada PoPulation Health exPert Panel. [cited 2022 Oct 6]; Available [here](#)
3. Navigating the Path Forward For Dementia in Canada [Internet]. [cited 2022 Oct 6]. Available [here](#)
4. Dementia [Internet]. [cited 2022 Oct 6]. Available [here](#)
5. Launch of first WHO position paper on optimizing brain health across life [Internet]. [cited 2022 Oct 6]. Available [here](#)