

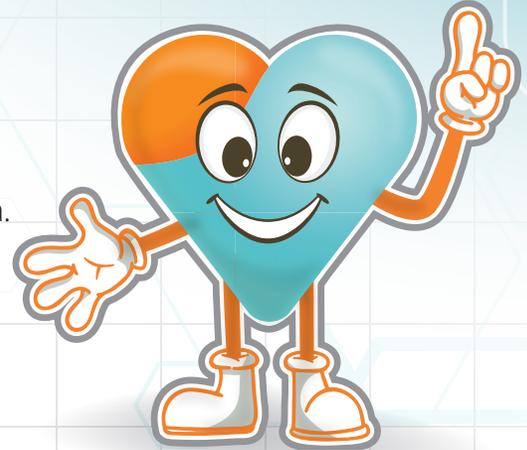
TAKE CARE OF YOUR MIND AND SENSES



- **Our mind and body are connected** in more ways that we can possibly comprehend. To live fuller lives, we should seek to have “a healthy mind in a healthy body” as the old saying goes. Achieving this balance is key to having a high quality of life.

If we notice that our mind starts to fail and we become forgetful with greater frequency, it is important to reach out to family members and schedule an appointment with your doctor to talk about these incidents. Being proactive with the proper testing and early diagnosis can help with the prevention of diseases like Alzheimer, senile dementia and others.

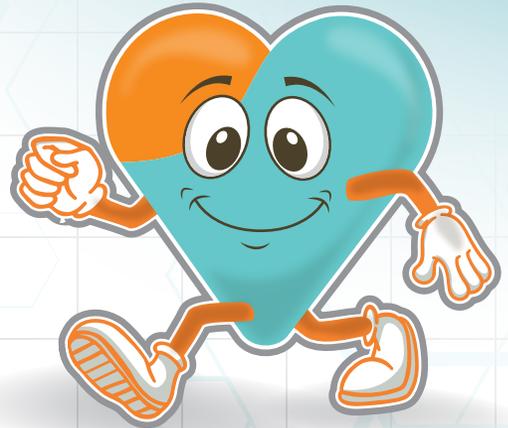
- **In a similar manner**, our senses are the primary axis for the way we experience the world around us. That is why, we need to have our ears and eyes checked regularly to ensure they are functioning properly and if we need hearing aids or a change in the prescription of our glasses. These tests can also evaluate any problems with our equilibrium, which is regulated by our ears; or other eye diseases such as glaucoma.
- **Any alterations in our sense** of smell or touch can be an indication that something else may be wrong, and therefore, it is important to tell your doctor if you are experiencing anything unusual in your hands or nose.



Por todo esto es indispensable que visitemos nuestro médico oportunamente y hagamos controles preventivos así podremos llevar una vida mejor.

Tips and Recommendations

- ① Visit your doctor regularly to stay on top of your health
- ② Read magazines and books on topics of interest
- ③ Exercise your brain and memory through games like sudoku, word puzzles and crosswords



The journey toward better health begins by forging a true partnership with your doctor. Contact us today to schedule an appointment.