



HSE ALERT # 161

BRAIN DAMAGING HABITS

Maintaining good & timely eating schedule is very important for human body to get rid of brain damaging habits, like no breakfast, overeating, smoking, high sugar consumption, air pollution, sleep deprivation etc. Avoiding these brain damaging habits may help us to maintain a good daily lifestyle.



No Breakfast:

- People who do not take breakfast are going to have a lower blood sugar level. This leads to an insufficient supply of nutrients to the brain, causing brain degeneration.

Over Eating:

- It causes hardening of the brain arteries, leading to a decrease in mental power.

Smoking:

- It causes multiple brain shrinkage and may lead to Alzheimer disease.

High Sugar Consumption:

- Too much sugar will interrupt the absorption of proteins and nutrients causing malnutrition and may interfere with brain development.

Air Pollution:

- The brain is the largest oxygen consumer in human body. Inhaling polluted air decrease the supply of oxygen to the brain, bringing about a decrease in brain efficiency. So, try to avoid inhalation of polluted air, as much as possible.

Sleep Deprivation:

- Sleep allows brain to rest. Long term deprivation from sleep will accelerate the death of brain cells.
- Sleeping with covered head increases the concentration of carbon dioxide and decrease concentration of oxygen that may lead to brain damaging effects.

Working your brain during illness:

- Working hard or studying during sickness may lead to a decrease in effectiveness of the brain as well as damages the brain cells.

Lacking in Stimulating thoughts:

- Thinking is the best way to train our brain, lacking in brain stimulation thoughts may cause brain shrinkage.

Talking Rarely:

- Intellectual conversations will promote the efficiency of the brain.

Prevention is Better than Cure

