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Book Review

Keep Sharp: Build a Better Brain at any age

Sanjay Gupta M.D., Simon & Schuster, United Kingdom

(2021) ISBN 1501166735, Pages 336, Price \$ 13.09

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ABSTRACT

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“Keep Sharp” aims to dispel prevalent misconceptions regarding cognitive deterioration. In addition, the author tried to provide pillars on which you can build your life to safeguard yourself as you age. Society has come to assume that we are born with a set number of neurons and that our brains will only deteriorate as we get older. Sanjay Gupta, a neurosurgeon, feels the research proves otherwise. According to new research, evidence-based approaches can help us establish new brain cells and connections.

Author of the Book:

MD Sanjay Gupta

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Sanjay Gupta, a neurosurgeon and CNN chief medical correspondent, offers a science-based approach to keeping your brain young, strong, and sharp. We search out ways to keep our minds bright and productive at all times throughout our lives. Gupta is well-known for his frequent appearances on television to discuss health-related concerns. He has been a frequent contributor to various CNN programmes covering the coronavirus pandemic in 2020. Gupta is the host of CNN's Sanjay Gupta MD, for which he has received numerous Emmy Awards. Chasing Life, a six-part mini-series, was also presented by Gupta.

Keep Sharp debunks popular misconceptions about ageing and cognitive loss, investigates whether there is an "optimal" diet or exercise regimen for the brain, and examines whether it is healthier to play memory and processing speed-testing video games or to participate in greater social engagement. Learn what we can from "super-brainy" folks in their eighties and nineties who show no signs of slowing down—and whether medicines, supplements, and vitamins are genuinely beneficial. Dr. Gupta also discusses brain disease, specifically Alzheimer's disease, and answers all of your concerns regarding the signs and symptoms, as well as how to stay healthy while caring for a partner who is experiencing cognitive decline. He also gives you a customised 12-week programme with daily tactics for brain strengthening. Keep Sharp is the only owner's manual you'll ever need to keep your mind fresh and healthy, no matter how old you are!

The author begins by explaining the basics of the brain, such as how it functions, how it matures, indicators of serious degeneration, and correcting common misconceptions. Then Dr. Gupta goes over five ways to keep your brain in good shape: move, discover, rest, nourish, and connect. The prescribed procedures and tactics are implemented over the course of a 12-week programme. The book's final chapter discusses the difficulties of identifying and treating brain illnesses, as well as financial and emotional considerations.

This book is divided into three sections:

Part 1: "The Brain: Getting to Know Your Inner Black Box"

Part 2: "The Brain Trust: How Not to Lose Your Mind" and

Part 3: "The Diagnosis: What to Do, How to Survive"

If you want to learn more about the brain, dementia, and how to prevent it, this book is a great place to start. Though it isn't a comprehensive scientific study of Alzheimer's disease. Dr. Gupta provides insightful

information about the brain before debunking following 12 myths with straightforward explanations, ensuring that the reader has a strong understanding of the brain and how it functions:

Myths	Page number
"The brain remains a complete mystery"	79
"Older People are doomed to forget things"	79 – 80
"Dementia is an inevitable consequence to old age"	80
"Older people can't learn new things"	80
"You must master one language before learning another"	80 - 81
"A person who has memory training never forgets"	81
"We use only 10 percent of our brains"	81 - 82
"Male and female brains differ in ways that dictate learning abilities and intelligence"	82 – 83
"A crossword puzzles a day can keep the brain doctor away"	83 - 84
"You are dominated by either your "right" or "left" brain"	84
"You have only five senses"	85
"You're born with all the brain cells you'll ever have, your brain is hardwired, and brain damage is always permanent"	85 - 86

He further defined following five pillars of Brain Health:

Pillar 1	"Movement and exercise"
Pillar 2	"A sense of purpose, learning, and discovery"
Pillar 3	"Sleep and relaxation"
Pillar 4	"Nutrition"
Pillar 5	"Social connection"

Dr. Gupta also provided his recommendations to proper diet for the brain, by using an acronym as SHARP (Slash the sugar, Hydrate, Add more omega-3 fatty acids, Reduce portions, Plan ahead). The sections on financial and emotional preparedness for dementia were also quite helpful and enlightening.

You'll gain knowledge using this crucial resource as a guide to enhance your talks in this detailed look into Keep Sharp: Build a Better Brain at Any Age by Sanjay Gupta M.D.

-Dr. Sugandh Rawal, Ms. Sumedha Trivedi