**Our friendships are very important, even more so when we become Seniors.**

Studies by the American Academy of Neurology and the Kyushu University in Japan have human beings need social contact, or risk overall brain shrinkage. Seems like the more we use our brains, especially those of us who are seniors, our brains can avoid shrinkage which leads to depression, dementia and ultimately, Alzheimer’s. So while you, or I, may luck out and can avoid brain shrinkage, if we do not wish to have depression and serious dementia, we should continue to have social meetings with all your relatives and your senior friends. I might add that getting along with our spouses can also be helpful in keeping our brains healthy and reduce mental issues we Seniors can have.

Of course, life is a little more complex, as in addition to have good social relations, our diets, smoking and exercising are also important for good mental and physical health.

Another study in Japan reported that just seriously brushing your teeth helps keep the brain active, avoiding shrinkage and the risk of dementia.

It isn’t easy, but we Seniors must work on these issues every day to stay mentally fit.

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**SOURCE:**

**Spending too much time alone may shrink and damage the brain, study reveals**

**John Anderer, Journal of Neurology, April 2023**