Cognitive Wellness: Strategies to Preserve and Enhance Brain Function

written by Dr. Ronald Hoffman | March 19, 2025

Understanding and Preserving Cognitive Health with Dr. Barbara Haskin: In this episode of the Intelligent Medicine podcast, host Dr. Ronald Hoffman discusses cognitive health with neuropsychologist Dr. Barbara Haskin, author of “How My Brain Works: A Guide to Understanding It Better and To Keeping It Healthy.” They explore the impact of aging and other factors on cognitive function, citing personal anecdotes and recent research. The conversation centers on the importance of mental well-being, diet, exercise, and sleep in maintaining brain health. Dr. Haskin highlights her professional experiences, including the evaluation and treatment of various cognitive issues through detailed testing and personalized care strategies. The episode concludes with a discussion on practical lifestyle measures to prevent and address cognitive decline.