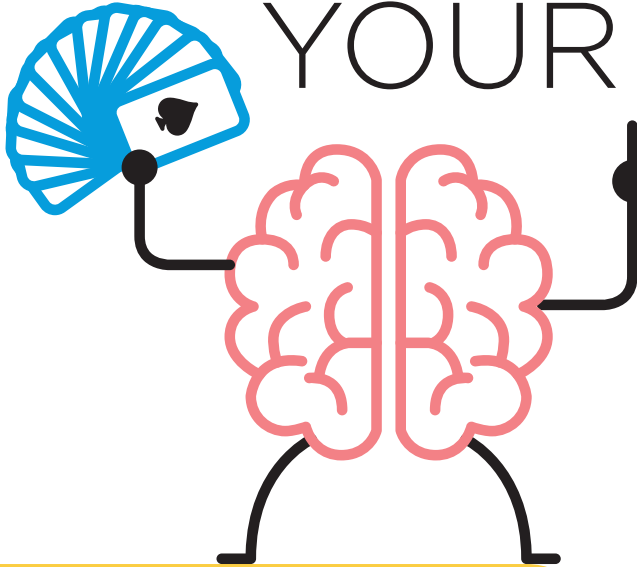


# BOOST



# YOUR BRAIN POWER



**It's more than just a card game.  
Bridge is good for your brain, too!**

### Boost Your Immune System

A 2000 study at the University of California-Berkeley indicated playing contract bridge can provide a boost to your immune system.<sup>1</sup>

### Improve Test Scores

In 2005, Illinois researcher Dr. Christopher Shaw discovered that fifth grade students who were taught bridge scored higher on standardized tests than their non-playing counterparts.<sup>2</sup>

### Stimulate Your Mind

In 2017, Mayo Clinic researchers found those with a genetic link to Alzheimer's were less likely to develop the mental decline that sometimes precedes dementia if they participated in mind-stimulating activities like web-surfing, playing bridge and socializing.<sup>3</sup>

### Delay Your Symptoms

Researchers at the Albert Einstein College of Medicine found seniors who regularly engage in mentally challenging activities later in life can potentially delay their symptoms or reduce their risk of developing Alzheimer's and other dementias.<sup>4</sup> Additionally, research released by the University of Wisconsin-Madison discovered that "participants who engaged in cognitive activities like card games have higher brain volume, in specific regions, compared to peers who played fewer or no games."<sup>5</sup>

### Reduce Your Risk

The 90+ Study found evidence suggesting that people who spend three or more hours each day on mental activities like playing cards may be at a reduced risk for developing dementia. Seniors who participated in brain-stimulating activities regularly lowered their risk of developing dementia by as much as 75% compared to those who didn't participate in those activities.<sup>6</sup>

### Sources

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[acbl.org/learn](http://acbl.org/learn)



American Contract  
Bridge League