

# Five Key Messages: Brain Health and Prevention



**Prevention: Neurological disorders are preventable through early detection and effective management.** Investing in early detection measures can significantly reduce the burden of these disorders.



**Awareness: Education on preventive brain health is a global imperative.** Spreading awareness about the importance of adopting a proactive approach to brain health is crucial in reducing the incidence of preventable neurological disorders.



**Access: Socioeconomic status or geographic location should not be barriers to prevention.** Ensuring equal access to preventive measures is essential to creating a more inclusive and equitable healthcare landscape.



**Collaboration: Healthcare professionals, researchers, and policymakers play pivotal roles in addressing the global neurological crisis.** Through collaboration, we can leverage collective expertise and resources to implement effective strategies for prevention and management.



**Education and Advocacy: Recognizing brain health as a fundamental human right is at the core of our mission.** Education and advocacy efforts must be intensified to ensure that every individual has the knowledge and resources to prioritize and maintain their brain health.