HEALTHY BLOOD PRESSURE.

HEALTHY BRAIN.

It is normal for your brain to change as you get older. Having healthy blood pressure can lower your risk for memory loss and confusion. Follow your healthcare provider’s guidance to manage your blood pressure.

- Monitor your blood pressure
- Eat healthy meals
- Be physically active
- Maintain a healthy weight
- Do not use tobacco products
- Limit alcoholic beverages
- Practice good sleep habits
- Manage stress
- Take medications as prescribed
For More Information

About Managing Your Blood Pressure

• Mind Your Risks
  www.mindyourrisks.nih.gov

• Take Brain Health to Heart
  scdhec.gov/health/diseases-conditions/cognitive-impairment-dementia-alzheimers-disease/take-brain-health-heart

• High Blood Pressure
  www.cdc.gov/bloodpressure

• Million Hearts
  millionhearts.hhs.gov

About Brain Health

• CDC Alzheimer’s Disease and Healthy Aging Program
  www.cdc.gov/aging

• National Association of Chronic Disease Directors Healthy Aging Programs
  www.chronicdisease.org/page/HealthyAging

• Alzheimer’s Association
  www.alz.org

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