



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



NATIONAL ASSOCIATION OF
CHRONIC DISEASE DIRECTORS
Promoting Health. Preventing Disease.



OKLAHOMA
State Department
of Health



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