



# 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.



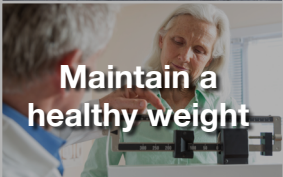
**Monitor your blood pressure**



**Eat healthy meals**



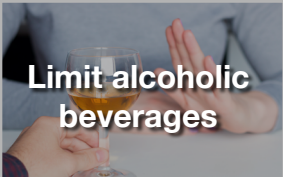
**Be physically active**



**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](http://www.mindyourrisks.nih.gov)
- **Take Brain Health to Heart**  
[scdhec.gov/health/diseases-conditions/cognitive-impairment-dementia-alzheimers-disease/take-brain-health-heart](http://scdhec.gov/health/diseases-conditions/cognitive-impairment-dementia-alzheimers-disease/take-brain-health-heart)
- **High Blood Pressure**  
[www.cdc.gov/bloodpressure](http://www.cdc.gov/bloodpressure)
- **Million Hearts**  
[millionhearts.hhs.gov](http://millionhearts.hhs.gov)

## About Brain Health

- **CDC Alzheimer's Disease and Healthy Aging Program**  
[www.cdc.gov/aging](http://www.cdc.gov/aging)
- **National Association of Chronic Disease Directors Healthy Aging Programs**  
[www.chronicdisease.org/page/HealthyAging](http://www.chronicdisease.org/page/HealthyAging)
- **Alzheimer's Association**  
[www.alz.org](http://www.alz.org)



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



OKLAHOMA  
State Department  
of Health



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