HEALTHY AGING. HEALTHY BRAIN.

Your health changes as you get older. However, you can protect your brain health at any age. Adults with health issues have a higher risk of memory problems. Adults with diabetes should monitor their blood sugar levels. Keeping your blood pressure under control is also important. Schedule regular appointments with your healthcare provider and talk to them about your health needs, including any memory problems. Managing your health may lower your risk for memory loss, confusion, and Alzheimer's disease.

Take these actions today to protect your brain health.



Talk to your healthcare provider today about taking action to protect your brain health.





For More Information

About Healthy Habits

- Physical Activity Guidelines for Americans
 https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf
- Centers for Disease Control and Prevention Sleep and Sleep Disorders
 https://www.cdc.gov/sleep
- Dietary Guidelines for Americans 2015-2020, 8th Edition https://health.gov/dietaryguidelines/2015/guidelines
- Tobacco Quit Line: 1-800-QUIT-NOW (800-784-8669) Speak for free with counselors trained to help you quit tobacco.
- Centers for Disease Control and Prevention Smoking and Tobacco Use https://www.cdc.gov/tobacco
- Centers for Disease Control and Prevention Diabetes https://www.cdc.gov/diabetes
- Learn About High Blood Pressure https://www.cdc.gov/bloodpressure
- The Millions Hearts Initiative https://millionhearts.hhs.gov

About Brain Health

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

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