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.

<table>
<thead>
<tr>
<th>Monitor your blood pressure</th>
<th>Eat healthy meals</th>
</tr>
</thead>
<tbody>
<tr>
<td>Be physically active</td>
<td>Maintain a healthy weight</td>
</tr>
<tr>
<td>Do not use tobacco products</td>
<td>Limit alcoholic beverages</td>
</tr>
<tr>
<td>Practice good sleep habits</td>
<td>Manage stress</td>
</tr>
<tr>
<td>Take medications as prescribed</td>
<td></td>
</tr>
</tbody>
</table>
For More Information

About Managing Your Blood Pressure

• Mind Your Risks
  https://www.mindyourrisks.nih.gov

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

• High Blood Pressure
  https://www.cdc.gov/bloodpressure

• Million Hearts
  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

This work was supported by a cooperative agreement between the Centers for Disease Control and Prevention and the National Association of Chronic Disease Directors (S-NU38OT000286-02).

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