

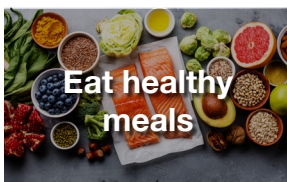


HEALTHY BLOOD SUGAR.

HEALTHY BRAIN.

Having diabetes can put your brain health at risk. Diabetes can damage blood vessels, which results in reduced or blocked blood flow to the brain. This can increase your risks for Alzheimer's disease, memory loss, and confusion.

It is important to keep your blood sugar levels under control to stay healthy. Visit your doctor regularly to help manage your diabetes. Here are some other ways to help you manage your blood sugar and protect your brain health:



For More Information

About Diabetes

- **American Diabetes Association**
www.diabetes.org
- **Centers for Disease Control and Prevention - Diabetes**
www.cdc.gov/diabetes
- **National Institute of Diabetes and Digestive and Kidney Diseases**
www.niddk.nih.gov/health-information/diabetes

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.



The Integrating Alzheimer's Messages into Chronic Disease Programs project is supported by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$200,000 with 100 percent funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CDC/HHS, or the U.S. Government.

