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
  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

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.