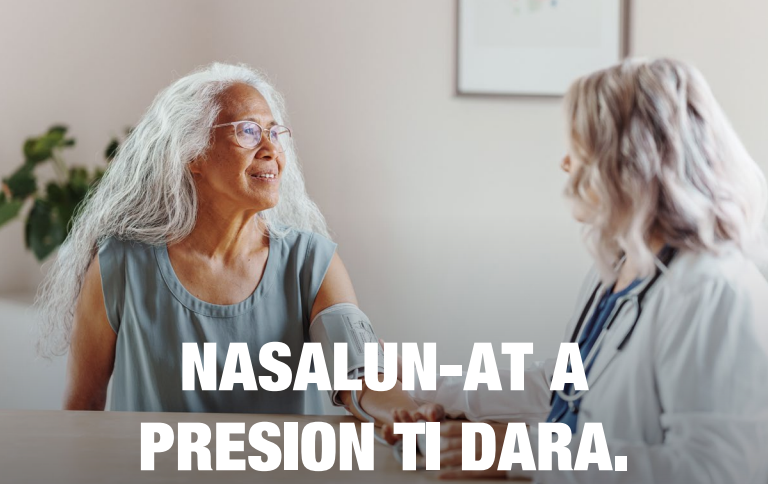




# **NASALUN-AT A PRESION TI DARA.**

## **NASALUN-AT NGA UTEK.**

Normal para ti utekmo nga agbaliw kas lumakay wenno bumaket ka. Ti nasalun-at a presion ti dara ket mangpababa iti peggadmo para ti pannakalipat ti memoria ken pannakaallilaw. Suruten ti giya ti tagaipaay ti panangtaripato iti salun-atmo tapno maimatonan ti presion ti daram.



**Monitoren ti  
presion ti daram**



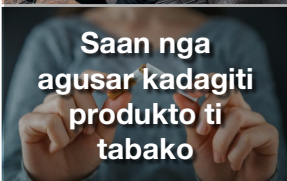
**Mangan kadagiti  
nasalun-at a  
taraon**



**Agbalin a pisikal  
nga aktibo**



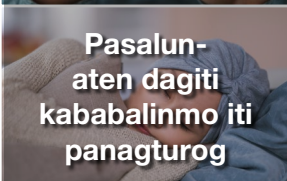
**Pagtalinaeden  
ti nasalun-at a  
kadagsen**



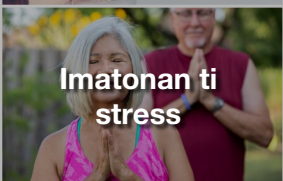
**Saan nga  
agusar kadagiti  
produkto ti  
tabako**



**Limitaran  
dagiti arak**



**Pasalun-  
aten dagiti  
kababalinmo iti  
panagturog**



**Imatonan ti  
stress**



**Tomaren dagiti agas kas  
naireseta**

# Para ti Ad-Adu pay nga Impormasion

## Maipapan ti Panangimaton ti Presion ti Daram

- **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>

## Maipapan ti Salun-at ti Utek

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

Ti proyekto a The Integrating Alzheimer's Messages into Chronic Disease Programs ket supsuportaran ti Centers for Disease Control and Prevention iti U.S. Department of Health and Human Services (HHS) kas paset ti gunggona a pinansial a tulong nga agdagup iti \$500,000 a 100 a porsiento a pinonduoan ti CDC/HHS. Dagiti linaon ket dagidiay (dagiti) mannurat ken saan a mangibagi ti opisial a kapanunotan, wenna panangiyendorso ti CDC/HHS, wenna ti Gobierno iti U.S.



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

