



# HEALTHY BLOOD PRESSURE.

## HEALTHY BRAIN.

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.

- Monitor your blood pressure**: An elderly woman is using a blood pressure monitor.
- Eat healthy meals**: A variety of fresh fruits and vegetables, including salmon, blueberries, and nuts.
- Be physically active**: An elderly couple walking outdoors with a walker.
- Maintain a healthy weight**: A healthcare professional is weighing a patient on a scale.
- Do not use tobacco products**: A person is holding a lit cigarette.
- Limit alcoholic beverages**: A hand is holding a glass of wine, with another hand making a 'stop' gesture.
- Practice good sleep habits**: An elderly man is sleeping peacefully in a bed.
- Manage stress**: A group of people are practicing yoga or meditation.
- Take medications as prescribed**: A person is taking a pill from a blister pack.

# 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>

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 \$500,000 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.



**NATIONAL ASSOCIATION OF  
CHRONIC DISEASE DIRECTORS**

Promoting Health. Preventing Disease.



**TEAM  
KENTUCKY**  
CABINET FOR HEALTH  
AND FAMILY SERVICES

**Department for Aging  
and Independent Living  
502-564-6930  
Office of Dementia Services**

