

REDUCE RISK OF COGNITIVE DECLINE

Cognitive decline — when changes in the brain affect the ability to think or remember — can interfere with a person’s ability to work, volunteer and engage socially, and may interrupt day-to-day activities, such as driving and managing one’s health. Follow these tips to help keep your brain healthy!



Major injuries to your head can raise your risk of cognitive decline. Wear a seat belt, use a helmet when playing contact sports or riding a bike and make your home safer in places where you could trip, slip or fall.



Get regular exercise that makes your heart beat faster, which increases blood flow to the brain and body.

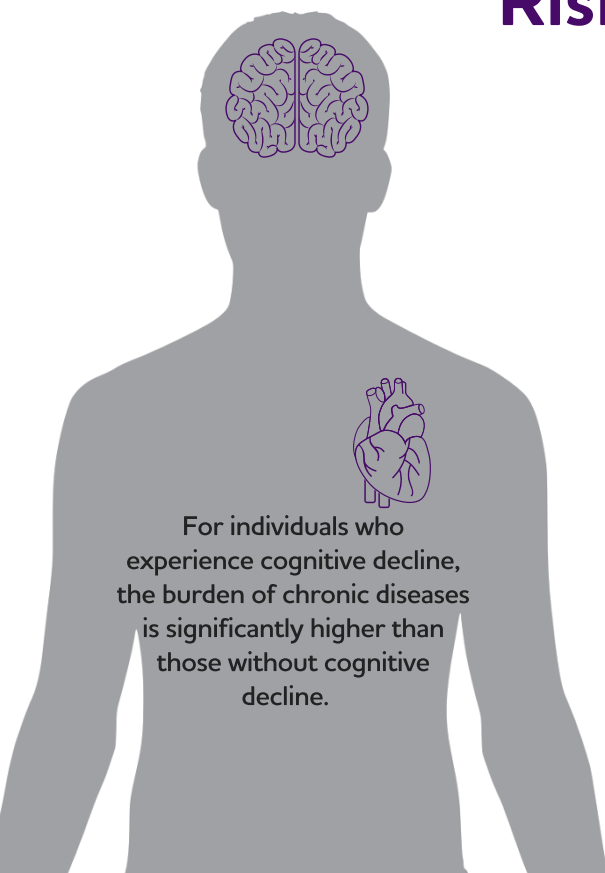


Evidence shows that obesity can also have a negative impact on your brain’s health. Control your weight by eating a healthy diet.



It’s never too late to quit smoking. Quitting at any age seems to benefit the health of your brain and body.

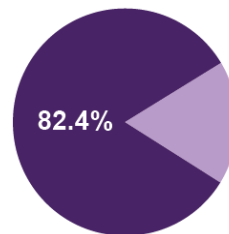
Risk factors for cognitive decline



For individuals who experience cognitive decline, the burden of chronic diseases is significantly higher than those without cognitive decline.

More than 82% of Americans with memory problems have at least one other chronic condition*

**Defined as arthritis, asthma, COPD, cancer, cardiovascular disease, and diabetes*



Heart disease and high blood pressure can damage your brain’s health. Get your blood pressure checked regularly and work with your healthcare professional to keep your blood pressure under control.

Risk factors for heart disease – including diabetes – can negatively affect your brain health. Visit your doctor regularly for wellness and preventive care for your heart to help your brain stay healthy.



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