

# Healthy Heart, Healthy Brain...



AMERICAN INDIAN  
and ALASKA NATIVE  
RESOURCE CENTER FOR BRAIN HEALTH

## Keep Your Heart and Body Healthy to Protect Your Brain

Everyone slows down as they get older, both in body and mind. Big changes in memory or thinking that make it hard to get through the day are not a normal part of aging. These changes could be signs of early dementia or Alzheimer's disease.



**1 in 9**

People in the U.S. ages 65+  
has Alzheimer's dementia



**1 in 3**

American Indian people ages  
65+ develops dementia

*You are more at risk of developing dementia  
if you have:*

- **high blood pressure,**
- **diabetes, or**
- **you smoke cigarettes**



## You can protect your body, heart, and mind

- ◆ **Schedule** a “wellness” visit and health screenings every year with your doctor, even if you feel ok.
- ◆ **Keep a healthy blood pressure.**
- ◆ **Be active or walk** every day.
- ◆ **Maintain a healthy weight** for your body size.
- ◆ **Eat a healthier diet** with more fresh vegetables, fruits, whole grains, and fish.
- ◆ **Stop smoking** cigarettes or chewing tobacco.
- ◆ **Get help managing** your high blood pressure, diabetes, or to lose extra weight.
- ◆ **Talk to your doctor about how you feel** because your mental health can affect your brain and physical health.
- ◆ **If it is hard for you to get through the day** because of forgetfulness or memory problems, see your doctor right away.

**You can do these things today to protect your mind and reduce the risk of or slow down dementia.**



*Turn over for your checklist to keep your river of life flowing  
freely*

