

Take Charge of Your

BRAIN

HEALTH



Small changes can
have a **BIG** impact.

Staying active and managing conditions like diabetes, high blood pressure, and high cholesterol, can help keep your brain strong. It may also lower your risk of dementia.



**Department
of Health**

Aging, genetics, and family history can't be changed, but risk factors can be managed. **This may prevent or delay up to 45% of dementia cases.**

You can reduce your risk at any age.



Quit smoking



Limit or avoid alcohol



Stay physically active



Maintain a healthy weight



Manage diabetes or other chronic conditions



Get enough sleep



Stay socially active



Take care of your mental health



Get your vision and hearing checked regularly

At-Risk Groups:

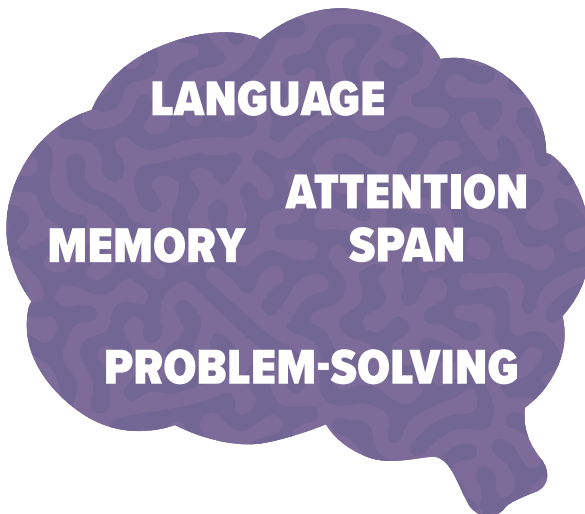
Anyone can develop Alzheimer's disease. Some people are at higher risk than others, such as:

- Older adults, especially people older than 65
- Certain minority groups, including people who are Hispanic, Black/African American, and American Indian Women

Facts About Alzheimer's Disease:

- Alzheimer's is a disease of the brain that develops slowly and worsens over time.
- Alzheimer's is the sixth leading cause of death in the United States.

There are many types of dementia; Alzheimer's disease is one type. Dementia is the gradual and continuing decline in mental and physical functions. It can affect various functions of the brain, such as:



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For more information,
talk to your health care provider, or visit:

health.ny.gov/brainhealth



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