

You can make
DECISIONS
to help keep your body,
heart and brain as
HEALTHY as possible.

We all want to stay healthy and independent as we get older. Some health choices that you make now will help reduce your risk of cognitive decline. Cognitive decline refers to the gradual loss of mental abilities, such as thinking, learning, and remembering.

Follow these tips to help keep your brain in good shape!

Protect Your **NOGGIN!**

Brain Injury can increase your risk of cognitive decline.

- Recognize the signs of a brain injury, such as confusion, headaches, or changes in behavior and **seek medical attention.**
- **Wear a helmet** when playing contact sports or riding a bike or motorcycle.
- **Use seat belts** and pay attention to traffic safety signs warning you of hazards and construction.



Other Ways to **PROTECT** Your Brain

- **Sleep Well!** Invest in good quality sleep and create a restful environment.
- **Mental Health Matters!** Prioritizing your mental health is the first step in self-care and may help reduce your anxiety and stress.
- **Benefits of Nutrition!** Read food labels, learn about healthy vitamins and minerals for your brain, and be aware of how many calories you need per day to manage your weight.
- **Stay socially active** and keep learning new things!



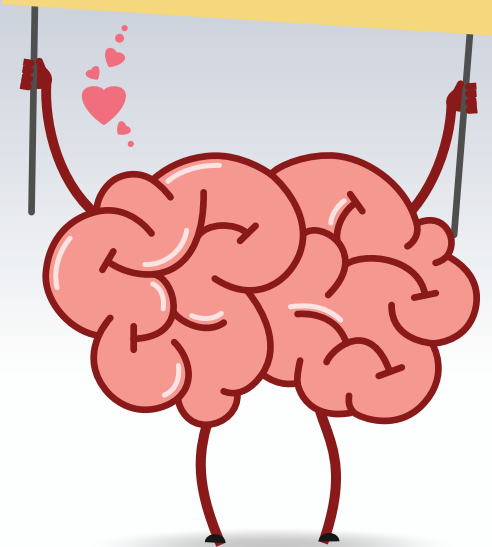
Learn **MORE**

dph.sc.gov/brainhealth

dph.sc.gov/tobacco-cessation

alz.org/10ways

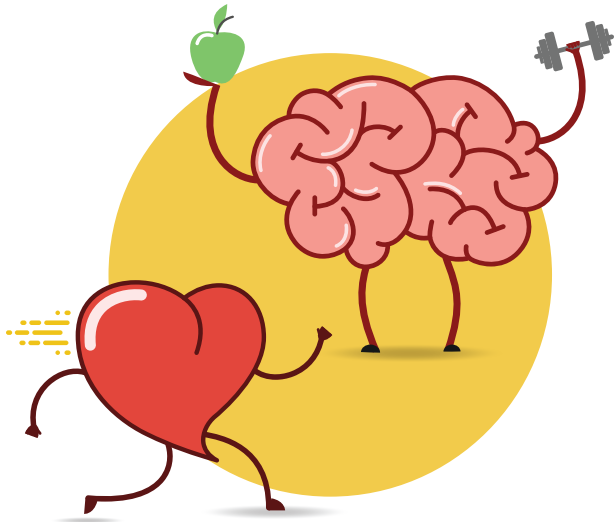
Take **BRAIN HEALTH** to Heart



alzheimer's  association®

THE BRAINS BEHIND SAVING YOURS.®

Take **BRAIN HEALTH** To Heart



Strong Body & **HEALTHY** Diet!

Exercise and a healthy diet are good for your body AND your brain!

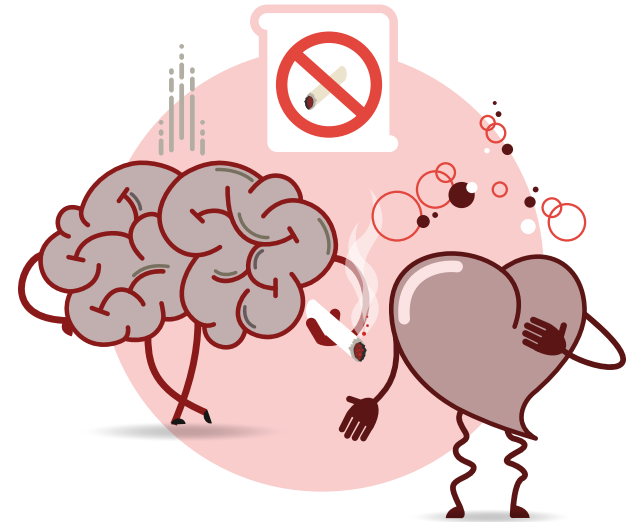
- Get regular physical activity that raises your heart rate and increases blood flow to the brain and body.
- Eat a balanced diet with less fat and more fruits and vegetables.
- Enjoy an active lifestyle by walking with friends, dancing, or gardening. With every step you help reduce your risk for cognitive decline.



Follow Your **HEART!**

What is good for your heart is good for your brain.

- Lowering your chance of heart disease and stroke can positively impact your brain.
- Keep your blood pressure low to reduce your risk of heart attack and increase blood flow to your brain.
- Diabetes may increase your risk of dementia. Visit your doctor regularly to actively manage your diabetes.
- Maintain a healthy weight. Obesity in middle age may cause problems that disrupt the blood supply needed for a healthy brain.



Butt Out! **QUIT** Smoking!

If you smoke, quit smoking for a healthier brain and body.

- Smoking may increase your risk of cognitive decline, and the use of other tobacco products may cause heart problems, high blood pressure, and feelings of depression or anxiety.
- It's never too late to quit smoking. Quitting at any age benefits the health of your brain and body.
- **Call 1-800-QUIT-NOW (1-800-784-8669)**