Healthy Heart, Healthy Brain...

The River of Life Flows Through the Heart, Protecting the Mind and Body

5.7 Million Americans have Alzheimer’s disease

1 in 10 People age 65 and older has Alzheimer’s

1 in 3 American Indians over 65 develops dementia, including Alzheimer’s

Elders with heart disease, high blood pressure, or diabetes have a much higher risk of developing Alzheimer’s or other dementias.

Make an appointment with your doctor today to talk about how to keep your mind and heart healthy.

This publication was supported by grant number 5NU18OT000141-05-03, funded by the Centers for Disease Control and Prevention (CDC). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC or the U.S. Department of Health and Human Services (HHS). The mark “CDC” is owned by HHS and is used with permission. Use of this logo is not an endorsement by HHS or CDC of any particular product, service, or enterprise.