

# INSTRUCTION GUIDE

## Healthy Heart, Healthy Brain

### Steps for Protecting the Heart, Brain, and Body

Over the years, our bodies and brains change. But memory loss that disrupts daily life, or difficulty completing familiar tasks, is not typical. The changes may be signs of early dementia or Alzheimer's.

Learn more **Find the Alzheimer's prevalence in your state**

1. Go to [alz.org/facts](http://alz.org/facts) and jump to "Alzheimer's in Each State"
2. Find the number of people living with Alzheimer's in the upper right hand box of each state fact sheet
3. Click in the box to type the total number

**Americans have  
Alzheimer's disease**

**people  
aged 65 and older have  
Alzheimer's in**

#### Enter your state

1. Click in the box to type your state name  
developing Alzheimer's or other dementias.

Insert logo or website information

#### Add your logo

1. Hover your mouse over the picture icon until you see the yellow box stating, "Insert logo or website information"
  - a. Note: must be in an image file (.jpg, .png)
2. Click the box and follow the prompts to upload



Insert photo of your community

#### Select a photo/graphic

1. Choose a photo/graphic that reflects your community or aligns with your priorities (like blood sugar testing for use in a diabetes prevention program)
2. Hover your mouse over the picture icon until you see the yellow box stating, "Insert photo of your community"
3. Click the box and follow the prompts to upload your image

2. **Schedule wellness checkups** and health screenings every year. Blood pressure and diabetes screenings are usually free with health insurance or Medicare Part B.
3. **Exercise each day.**
4. **Stop smoking.**
5. **Get help** managing high blood pressure, diabetes, high blood cholesterol, and depression or anxiety.
6. **Protect your head.** Falls are the number one cause of head injury in older adults.
7. **Eat more fresh fruits and vegetables** and foods low in salt and sugar.
8. **If you have trouble** with memory or forgetfulness that makes it hard to get through the day, see your doctor right away.



Turn over for your checklist to help keep your heart, brain, and body healthy.

# Checklist: Keep Your Heart and Brain Healthy

Your heart and brain are connected. Arteries that take blood away from the heart flow all through the body, including the brain, feeding it with oxygen and energy.

Healthy habits help keep arteries and veins from becoming clogged, which can harm the heart and cause strokes.

## ✓ WORKING WITH YOUR DOCTOR

- Make an appointment** for health screening tests and wellness checkups every year. They are usually free with health insurance or Medicare Part B.
- Have your blood pressure checked** regularly and know your numbers. A blood pressure of less than 120/80 mmHg is normal.
- Ask your doctor** to go over your blood pressure measure and track your own blood pressure results. Ask where you can go in your community to check your blood pressure yourself.
- Have your cholesterol checked** regularly and know your numbers. Talk to your doctor about what you can do if your cholesterol is high.
- If you do not have diabetes**, have your blood sugar level checked regularly. Keep your blood sugar levels under control to stay healthy.
- If you do have diabetes**, have your blood sugar and A1C levels checked regularly, and work with your doctor to get them to normal levels. Your A1C should be less than 5.7%.
- Talk with your doctor** about your medicines and vitamins to make sure they do not cause problems with your memory, sleep, or cognition.

## ✓ WORKING ON YOUR OWN

- Be active** or walk every day. Try to get at least 1½ -2 hours of exercise each week.
- Take your medicine** for blood pressure and diabetes even if you feel good.
- If you smoke**, stop now to reduce your risk for stroke and dementia. Talk to your doctor if you need help quitting.
- Eat more fruits and vegetables** and less sugar, salt, and fat. If you are overweight, try to lose weight with exercise and a healthy diet. Losing even a few pounds can make a difference. Talk to your doctor for help.
- Limit your sodium** to see how much salt (sodium) or fat is in your food. If you don't know how to read food labels, ask your doctor for help.
- Limit alcoholic drinks**. No more than one drink per day for women and no more than two for men. Talk to your doctor if you need help.
- Get at least seven hours of sleep** each night. Talk to your doctor if you have trouble sleeping.
- Keep your brain active**. Go out and visit with people in your community, take classes, go to local events, play games, and stay active.

### Prepare for online posting/distribution

In order to "flatten" the PDF so that the fields are no longer fillable, follow the steps below

1. Go to File → Print
2. Instead of printing to a physical printer, select "Save As PDF"
3. Select a location to save your file

Once saved as a new PDF, the fields will no longer be editable.