

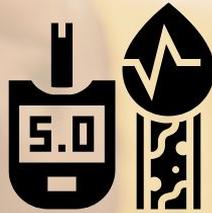
MIND YOUR BRAIN

PREVENT ALZHEIMER'S DISEASE AND RELATED DEMENTIA

Risk Factors for Heart Disease and Dementia:



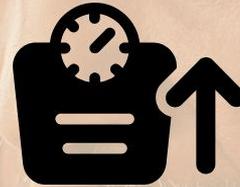
High Blood
Pressure



High
Cholesterol



Smoking



Obesity/
Overweight



Diabetes



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Benefits of Medical Check-Ups

- Helps you maintain a healthy lifestyle
- Address present or unknown health problems
- Provides discussion and awareness of future health risk
- Allows for screening, tests, and physical exams
- Detects early signs of illness or disease
- Prevents high medical costs



*Seek out health establishments like **Roots Community Health**, that will make it a point to give you the type of care you need and deserve.*

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MIND YOUR BRAIN

PREVENT ALZHEIMER'S DISEASE AND RELATED DEMENTIA

FOUNDATIONS FOR A HEALTHY BRAIN



Physical Activity

Strengthen your brain with physical activity to boost mood and energy.



Good Sleep

Maintain 7 to 8 hours of sleep to improve memory and tackle daily tasks.



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FOUNDATIONS FOR A HEALTHY BRAIN



Nutritious Diet

A healthy diet will help the brain work at its best.



Social Connections

Stay rooted in social connections to preserve and protect your brain and to live a more fulfilling life.



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FOUNDATIONS FOR A HEALTHY BRAIN



Keep Learning

Fuel your brain with knowledge to stay mentally sharp.



Mental Wellness

Check in and maintain your mental health to support your mind.



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FOUNDATIONS FOR A HEALTHY BRAIN



Healthy Heart

Caring for your heart health is caring for your brain health.



Medical Check-Ups

Reduce health risks with regular check ups.



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Like exercise, consistently engaging the brain through education and activities allows for better results.

Tips to challenge your brain:



Learn a new instrument or language



Read books and complete puzzles



Take dance classes or start crafting



Learn challenging subjects



Teach someone a skill or learn a new one





MIND YOUR BRAIN

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Did you know?

Just like your muscles, the brain needs to be challenged to stay sharp.

Challenging your brain through learning has the potential to protect your brain from Alzheimer's disease and related dementia.

When you learn, physical changes in your brain occur to preserve it as memories.

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MIND YOUR BRAIN

PREVENT ALZHEIMER'S DISEASE
AND RELATED DEMENTIA

STAY CONNECTED

Contact your Primary Care Provider today to take steps to protect your memory and prevent Alzheimer's and related dementias.

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