



Protect Your Memory: Blood Pressure Matters

Control Blood Pressure to Keep Memories Strong

When stress is high, blood pressure can rise.

Over time, high blood pressure can damage vessels of the brain even cause micro strokes. This can cause memory loss or dementia later in life.

Studies show that **lowering blood pressure** can slow memory loss and help the brain stay healthy.

Taking care of **YOU** and your loved one's blood pressure today can protect their memory tomorrow.



Check blood pressure regularly



Cook with less salt



Walk, dance, or stay active



Get enough sleep

Protect Your Brain

