

Reduce Your Chances of Dementia

Things You May Be Able To Change

Dementia is a general name for loss of memory and thinking skills. Alzheimer's disease is the most common type of dementia. Though dementia mainly affects older adults, it is not a part of typical aging.



**CONTINUE
EDUCATION
AFTER HIGH
SCHOOL**



**KEEP A
HEALTHY
WEIGHT**



BE ACTIVE



**PREVENT
HEAD
INJURY**



**MANAGE
BLOOD
PRESSURE**



**MANAGE
DIABETES**



**DO NOT USE
TOBACCO**



**AVOID HEAVY
DRINKING**



**PREVENT &
TREAT
HEARING
LOSS**



**TREAT
DEPRESSION**



**KEEP SOCIALLY
ENGAGED**



**REQUEST
ANNUAL
COGNITIVE
SCREENING**



Making healthy changes today can protect your body and mind tomorrow.

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