

# You can age with a healthy brain

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*There are steps you  
can take to reduce your  
chances of dementia.*



# 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.**

[freshstart.alaska.gov](http://freshstart.alaska.gov)



# If you have been diagnosed with dementia – you are not alone.

## Learn as much as you can to take control of your life.

- Talk to your health care provider.
- Join a support group.
- Plan ahead for health, legal and financial decisions and share your wishes with loved ones.



## Explore available resources:

- Contact Alzheimer's Resource of Alaska:  
<https://www.alzaska.org/>.
- Explore caregiver resources in Alaska:  
<https://www.alzaska.org/caregiver-resource-guide/>.
- Call the Alzheimer's Association for free help 24/7: (800) 272-3900.
- Put legal, financial and end-of-life plans in place:  
<https://www.alz.org/help-support/i-have-alz/plan-for-your-future>.

## Join free programs for better health:

Making healthy changes like losing weight, lowering blood sugar and blood pressure, and stopping tobacco can reduce chances of dementia. Join free programs to meet these goals at [freshstart.alaska.gov](https://freshstart.alaska.gov).

**For more information:** Visit the Alaska Dementia Education and Prevention Program website at <https://health.alaska.gov/dph/Chronic/Pages/dementia/default.aspx>.

