

10 WAYS TO LOVE YOUR BRAIN



START NOW. It's never too late or too early to incorporate healthy habits.



BREAK A SWEAT Engage in regular cardiovascular exercise that elevates heart rate and increases blood flow. Studies have found that physical activity reduces risk of cognitive decline.



HIT THE BOOKS Formal education will help reduce risk of cognitive decline and dementia. Take a class at a local college, community center or online.



BUTT OUT Smoking increases risk of cognitive decline. Quitting smoking can reduce risk to levels comparable to those who have not smoked.



FOLLOW YOUR HEART Risk factors for cardiovascular disease and stroke – obesity, high blood pressure and diabetes – negatively impact your cognitive health.



HEADS UP! Brain injury can raise risk of cognitive decline and dementia. Wear a seat belt and use a helmet when playing contact sports or riding a bike.



FUEL UP RIGHT Eat a balanced diet that is higher in vegetables and fruit to help reduce the risk of cognitive decline.



CATCH SOME ZZZ'S Not getting enough sleep may result in problems with memory and thinking.



TAKE CARE OF YOUR MENTAL HEALTH Some studies link depression with cognitive decline, so seek treatment if you have depression, anxiety or stress.



BUDDY UP Staying socially engaged may support brain health. Find ways to be part of your local community or share activities with friends and family.



STUMP YOURSELF Challenge your mind. Build a piece of furniture. Play games of strategy, like bridge.

Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body.

Visit alz.org/10ways to learn more.

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THE BRAINS BEHIND SAVING YOURS.™

2021 ALZHEIMER'S DISEASE FACTS AND FIGURES

DISCRIMINATION

is a barrier to Alzheimer's and dementia care. These populations reported discrimination when seeking health care:



of Black Americans



of Native Americans



of Asian Americans



of Hispanic Americans



1 IN 3

seniors dies with Alzheimer's or another dementia



MORE THAN
6
MILLION

Americans are living with Alzheimer's

Alzheimer's and dementia deaths have increased

16%

during the COVID-19 pandemic



OVER
11
MILLION

Americans provide unpaid care for people with Alzheimer's or other dementias



These caregivers provided an estimated 15.3 billion hours valued at nearly

\$257
BILLION

It kills more than

BREAST CANCER



PROSTATE CANCER

COMBINED

Between 2000 and 2019, deaths from heart disease have

DECREASED
7.3%

while deaths from Alzheimer's disease have

INCREASED
145%

In 2021, Alzheimer's and other dementias will cost the nation

\$355 BILLION



By 2050, these costs could rise to more than

\$1.1
TRILLION



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