

# Mind Your Risks<sup>®</sup>

Take charge of your health today, help prevent stroke & dementia tomorrow.



Keep blood pressure in the normal range — this is the single most important way to Mind Your Risks



Keep cholesterol in a healthy range



If you have diabetes, control your blood sugar



If you smoke — quit



Keep a healthy weight



Eat healthy foods



Exercise regularly

## Why is controlling my blood pressure so important?

- Black men ages 28 to 45 are at increased risk of high blood pressure, which is a leading cause of stroke and can cause dementia.
- Keeping your blood pressure in a normal range can help reduce your risk for stroke and dementia.

## How does high blood pressure lead to stroke and dementia?

- If your blood pressure stays high, over time, it can damage brain blood vessels and lead to a stroke.
- High blood pressure can lead to other damage in the brain that has been associated with dementia.

## What are some steps I can take to control my blood pressure?

- Learn your blood pressure number and monitor your blood pressure often.
- Make healthy lifestyle choices, like eating healthy foods and exercising regularly.
- Talk to your healthcare provider about your risks for stroke and dementia, and make a plan to manage your blood pressure and other risk factors.

**For more information about the connection between high blood pressure, stroke, and dementia, visit the Mind Your Risks<sup>®</sup> website at [mindyourrisks.nih.gov](http://mindyourrisks.nih.gov)**



National Institute of  
Neurological Disorders  
and Stroke