

Heart and Brain Healthy Choices

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Do not smoke	Consider second-hand smoke you may be exposed to.
Avoid or limit alcohol	Limit to no more than one drink per day: https://practicalneurology.com/diseases-diagnoses/alzheimer-disease-dementias/the-cognitive-consequences-of-alcohol-use/30423/
Get adequate sleep	7 – 8 hours is recommended for adults; about 20% of this time should be quality, deep dream sleep: www.cdc.gov/sleep
Eat a heart and brain healthy diet	Mediterranean: www.mediterraneandiet.com MIND diet: www.healthline.com/nutrition/mind-diet DASH diet: www.nhlbi.nih.gov/health-topics/dash-eating-plan Plant-Based: www.forksoverknives.com
Avoid/reverse/control high blood pressure	Avoid metabolic syndrome: • Blood pressure greater than 130/85 mmHg • High blood sugar levels • Excess fat around waist • High triglyceride levels • Low levels of high-density lipoproteins (HDL) • High waist to hip ratio (>.85 for women, >.90 for men) • High waist to height ratio (>.50 for all) Low B12 and Low D3 are suspected of significantly increasing the risk of developing Alzheimer's disease. Ask for these blood tests at least annually.
Avoid/reverse/control Type 2 diabetes	
Know your Vitamin B12 and D3 levels!	
Physical activity	150 minutes <i>per week</i> /10 minutes at a time is fine! https://www.cdc.gov/physical-activity-basics/guidelines/adults.html
Keep learning	Learn a new language, new craft or hobby, musical instrument, dance, attend an adult education course
Respond to stress in a healthier way	Think about what – or who - triggers your stress. Recognizing triggers can help you plan to avoid them! https://www.webmd.com/balance/stress-management/stress-management
Maintain your social contacts	Stay active with friends and family. Plan dinners together, museum trips, card games, attend community gatherings and events.
Protect your head	Always wear your car's seat belt. Wear a helmet when skating, riding a bicycle or motorcycle; wear recommended protective gear for sporting activities.
Use your non-dominant hand	Make the opposite side of your brain work by using your non-dominant hand whenever possible in your typical daily activities.
Maintain optimal dental health!	Floss! Keep up with your dental checkups. New information implicates gingivitis (<i>Porphyromonas gingivalis</i>) as a risk factor for Alzheimer's disease! https://www.iflscience.com/health-and-medicine/theres-a-surprising-link-between-your-risk-of-alzheimers-and-your-dental-health/
Address vision and hearing loss	Protect your hearing! Seek evaluation and treatment if you perceive hearing loss. https://publichealth.jhu.edu/2021/hearing-loss-and-the-dementia-connection Get eye exams at least every 2 years, more frequently if in a high-risk category: http://www.aao.org/eye-health/tips-prevention/eye-exams-101
Reset your mindset	Yoga, meditation, emphasizing the positive, breathing exercises, Reiki https://www.mindful.org/the-remarkable-brains-of-high-level-meditators/
Find PURPOSE	Explore your meaning and find your purpose in life https://greatergood.berkeley.edu/article/item/how_to_find_your_purpose_in_life
Get your annual physical	Ensure that your annual physical includes a cognitive checkup! www.alz.org/news/2020/keep-your-brain-top-of-mind

Heart Healthy = Brain Healthy

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