

[Alzheimer's Disease and Healthy Aging](#)

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Maintaining Your Brain Health

Healthy lifestyle choices and managing chronic health conditions can help keep your brain healthy.

7 Ways to Help Maintain Your Brain Health

Studies show that healthy behaviors, which can prevent some kinds of cancer, type 2 diabetes, and heart disease may also reduce your risk for cognitive decline. Although age, genetics, and family history can't be changed, the [Lancet Commission on dementia prevention, intervention, and care](#) [↗](#) suggests that addressing risk factors may prevent or delay up to 40% of dementia cases.

Here's what you can do:

 Older woman having her blood pressure checked.

High blood pressure may increase your risk of dementia.

1. [Quit smoking](#). Quitting smoking now may help maintain brain health and can reduce your risk of heart disease, cancer, lung disease and other smoking-related illnesses. Free quitline: 1-800-QUIT-NOW (1-800-784-8669).
2. [Maintain a healthy blood pressure level](#). Tens of millions of American adults have high blood pressure, and many do not have it under control. Learn the facts.
3. [Be physically active](#). CDC studies show physical activity can improve thinking, reduce risk of depression and anxiety and help you sleep better. Here are [tips](#) to help you get started.
4. [Maintain a healthy weight](#). Healthy weight isn't about short-term dietary changes. Instead, it's about a lifestyle that includes [healthy eating](#) and regular physical activity.
5. [Get enough sleep](#). A third of American adults report that they usually get less sleep than the recommended amount. How much sleep do you need? It depends on your age.
6. Stay engaged. There are many ways for older adults to get involved in their community.
7. [Manage blood sugar](#). Learn how to manage your blood sugar especially if you have diabetes.

Additional Links and Resources

[Risk Reduction | Alzheimer's Association](#) [↗](#)

[Dementia Risk Reduction | CDC](#)

[Reducing Risk of Alzheimer's Disease](#)

[Alzheimer's Association Public Health Efforts | alz.org](#) [↗](#)

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