

# Brain health and you...

Dementia describes a range of symptoms associated with a decline in memory or other thinking skills severe enough to reduce your ability to perform everyday activities.

## Did you know...

- Diabetes may increase your risk for dementia.
- High blood pressure increases your risk for heart disease and possibly dementia.

#### Some signs can be...

- Confusion with time or place. • Difficulty completing familiar
- tasks at home, work or leisure. • Misplacing things and losing the ability to retrace steps.

#### It's never too late to...

- Manage your chronic conditions.
- Stop smoking.
- Start moving and eat healthy.
- Exercise your brain.

### Get checked.

Early detection matters.

# For more information:

**Community Living Connections** (Seattle and King County) (844) 348-5464 communitylivingconnections.org



Aging and Disability Services Area Agency on Aging for Seattle and King County

# alzheimer's **W** association®

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Center for MultiCultural Health

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