

# Healthy Heart = Healthy Brain

## Good heart health also means good brain health!

Research shows that every type of dementia has a vascular component: How your blood flows affects your brain. There is no cure for dementia on the horizon, but maintaining a healthy lifestyle can help. Following the American Heart Association's "Life's Simple 7" steps can help you live a heart- and brain-healthy life.



**1. Stop smoking.** Smoking is the leading contributor to premature death in the U.S. It contributes to plaque buildup in the arteries, which causes clotting and serious health problems.



**2. Get active.** 30 minutes of moderate exercise, five times a week, helps you lose or maintain weight and lower blood pressure, increases HDL ("good" cholesterol) and helps keep blood sugar levels in check. It relieves stress and has a positive effect on mood.



**3. Eat better.** Fill half of your plate with fruits and vegetables for meals and snacks, swap out butter and lard for healthy fats such as olive oil, and amp up your fish intake...the famous Mediterranean diet!



**4. Maintain a healthy weight.** Too much fat — especially around the waist — increases the risks of high blood pressure, high cholesterol and diabetes.



**5. Reduce blood sugar.** Your fasting blood glucose should be below 100 milligrams per deciliter.



**6. Manage blood pressure.** Blood pressure should be below 120/80 millimeters.



**7. Control cholesterol.** Total cholesterol should be below 200 milligrams per deciliter.



Contact and work with your doctor to find out exactly where you are on each these seven steps. Then choose a goal — maybe just one or two items. Each month, the OHSU Brain Institute Facebook page will provide helpful information about each one of the seven steps.



	March	April	May	June	July	August	September
<b>STOP SMOKING GOAL:</b>							
<b>GET ACTIVE GOAL:</b>							
<b>EAT BETTER GOAL:</b>							
<b>HEALTHY WEIGHT GOAL:</b>							
<b>REDUCE BLOOD SUGAR GOAL:</b>							
<b>MANAGE BLOOD PRESSURE GOAL:</b>							
<b>CONTROL CHOLESTEROL GOAL:</b>							