

# Protect your brain.

## Managing chronic conditions can lower Alzheimer's risk.

The same steps that protect your heart, lungs and overall health also help protect your brain. Managing chronic conditions and healthy habits throughout your life can reduce your risk of Alzheimer's disease and related dementias (ADRD).



### Small changes today. Better brain health tomorrow.

Talk with your family physician about protecting your brain while managing your overall health. It's never too late to start.