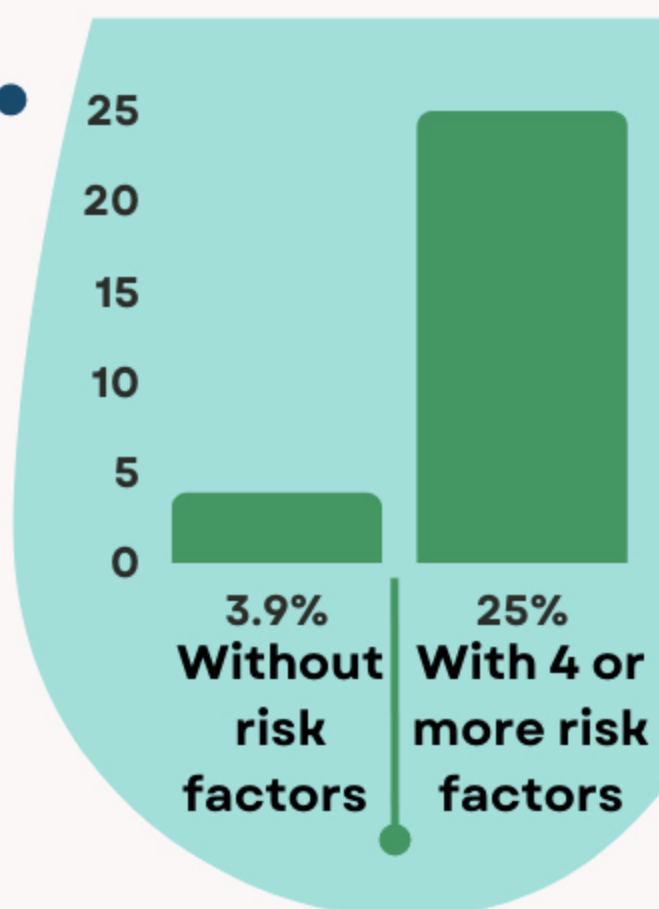


# Brain Health Isn't Just About Brains!

We are learning more every day about how much the health of other parts of our bodies can affect our brain and our chances of having dementia.

## Risk Factors

Smoking or having health conditions like high blood pressure, obesity, diabetes or depression may affect your brain. The number of people 45 years and older with confusion and memory loss increases from 3.9% in people with no risk factors to 25% in people with 4 or more of these conditions or risk factors.



Exercise may be protective. Out of every 10 people **without** confusion and memory loss, 8 exercise regularly. Only 5 out of 10 **with** confusion and memory loss exercise regularly.

With confusion and memory loss

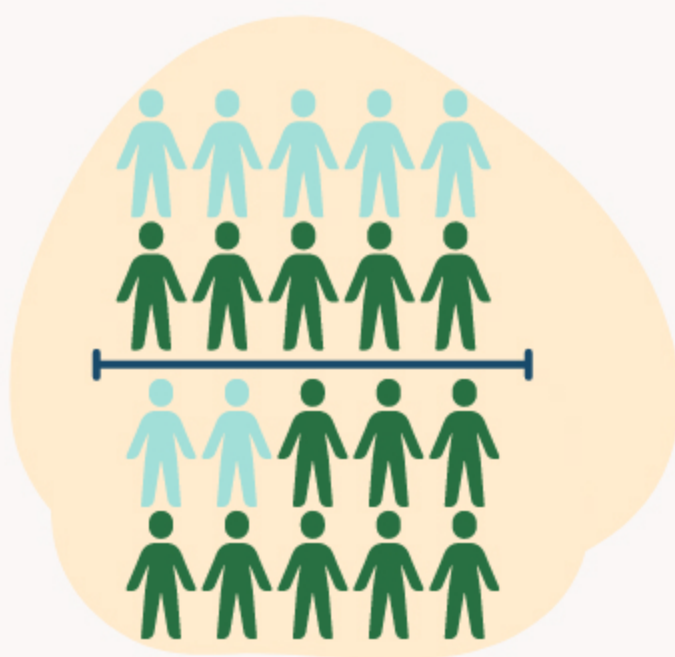


Without confusion and memory loss



## Depression

Out of every 10 people age 45 and older who have confusion or memory loss, 5 also have depression. Out of every 10 people who **don't** have confusion or memory loss, only 2 have depression.



**Dementia is not a normal part of aging. It is caused by diseases of the brain and can cause personality changes and problems with memory, language and thinking. More research is needed into how other conditions affect our brain and our chances of having dementia. Visit [nia.nih.gov/health/topics/brain-health](https://nia.nih.gov/health/topics/brain-health) or [alz.org/help-support/brain\\_health](https://alz.org/help-support/brain_health) for more information or call 1-800-272-3900. See your doctor if you're having more frequent or worsening confusion or memory loss.**

Sources: NC State Center for Health Statistics at [schs.dph.ncdhhs.gov/data/brfss/2020](https://schs.dph.ncdhhs.gov/data/brfss/2020) and the Centers for Disease Control and Prevention at [cdc.gov/mmwr/volumes/71/wr/mm7120a2.htm](https://cdc.gov/mmwr/volumes/71/wr/mm7120a2.htm)