The Connection Between High Blood Pressure, Stroke, and Dementia

Keep blood pressure in the normal range — this is the single most important way to Mind Your Risks®

If you smoke — quit

Keep cholesterol in a healthy range

If you have diabetes, control your blood sugar

Keep a healthy weight

Eat healthy foods

Exercise regularly

Ask your doctor if daily low-dose aspirin is right for you

Why is controlling my blood pressure so important?
• High blood pressure can lead to stroke, heart attack, and even dementia.
• Keeping your blood pressure in a normal range can reduce your risk for all three.

How does high blood pressure lead to dementia?
• If your blood pressure stays high, over time it can damage blood vessels in the brain.
• These damaged blood vessels can cause strokes which reduce oxygen to the brain and may lead to dementia.

How do I keep my blood pressure normal?
• Talk to your doctor about your risk for stroke, heart disease, and dementia.
• Make a plan with your doctor to control your blood pressure and other risk factors.
• Take high blood pressure medicine as prescribed by your doctor. Do not stop the medication even if you feel well.

For more information about the connection between high blood pressure, stroke, and dementia, visit the Mind Your Risks® website at www.mindyourrisks.nih.gov.