

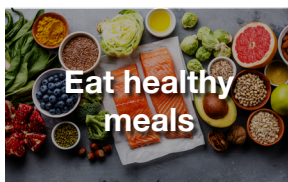


HEALTHY BLOOD SUGAR.

HEALTHY BRAIN.

Having diabetes can put your brain health at risk. Diabetes can damage blood vessels, which results in reduced or blocked blood flow to the brain. This can increase your risks for Alzheimer's disease, memory loss, and confusion.

It is important to keep your blood sugar levels under control to stay healthy. Visit your doctor regularly to help manage your diabetes. Here are some other ways to help you manage your blood sugar and protect your brain health:



Eat healthy meals



Exercise regularly



Take medications as prescribed



Maintain a healthy weight



Do not use tobacco products



Monitor your blood pressure

For More Information

About Diabetes

- **American Diabetes Association**
www.diabetes.org
- **Centers for Disease Control and Prevention - Diabetes**
www.cdc.gov/diabetes
- **National Institute of Diabetes and Digestive and Kidney Diseases**
www.niddk.nih.gov/health-information/diabetes

About Brain Health

- **CDC Alzheimer's Disease and Healthy Aging Program**
www.cdc.gov/aging
- **National Association of Chronic Disease Directors Healthy Aging Programs**
www.chronicdisease.org/page/HealthyAging
- **Alzheimer's Association**
www.alz.org



NATIONAL ASSOCIATION OF
CHRONIC DISEASE DIRECTORS
Promoting Health. Preventing Disease.



OKLAHOMA
State Department
of Health



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