

TO LEARN MORE VISIT

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**Brain  
Health  
PRO**



CCNA  
Canadian Consortium  
on Neurodegeneration  
in Aging



CCNV  
Consortium canadien en  
neurodégénérescence  
associée au vieillissement

## LIFE'S SIMPLE 7

Ways to Improve Heart Health



Stop  
Smoking



Eat  
Healthy



Get  
Active



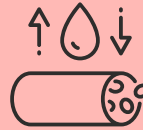
Manage  
Blood  
Pressure



Lose  
Weight



Reduce  
Blood  
Sugar



Control  
Cholesterol

Source: American Heart  
Association

Remember.

It's never too late to  
improve your heart  
health, even if you are  
already living with  
health complications.

Source: Brain Health PRO



**FHO**

*Tribal Council*

**HEART  
AND  
BRAIN  
HEALTH**

# GOOD HEART, GOOD BRAIN



Vascular health is the health of your heart and blood vessels. Poor vascular health is the second most common cause of dementia, but it is also the most preventable and treatable cause.

Issues with vascular health can lead to low blood flow to the brain or bleeding in the brain.

Brain health and heart health share a lot of risk factors, like diabetes, high blood pressure, and obesity.

Talk to your doctor if you have any concerns or are interested in learning more.

Source: Brain Health PRO

# SIGNS OF HEART TROUBLES

Vascular health problems can show up in different ways. This can include chest pain, difficulty speaking or moving, confusion, and loss of senses.

It is also common not to have any symptoms at all.

The only way to be sure is to talk to your health provider.

A doctor can check your heart by testing your blood, urine or senses.

Source: Brain Health PRO



# REDUCING YOUR RISK OF HEART ISSUES

Keep your arteries clean and your sugar as normal as possible by eating healthy



To improve circulation, stay active any way you can, like going for walks



Offer tobacco and speak to an Elder or Knowledge keeper about Traditional medicines, like stinging nettle



Source: FHQTC  
Community Research  
Advisory Committee