

# Keep your brain healthy

You can take steps to prevent dementia and keep your brain healthy.



## Control blood pressure

For most patients the goal blood pressure is less than 130 / 80 mm Hg.

Take medication for blood pressure as prescribed, if needed.



## Eat a DASH or Mediterranean diet

The Dietary Approach to Stop Hypertension (DASH diet) and Mediterranean diet both focus on:

- Eating fresh fruits, vegetables, and whole grains
- Limiting fatty meats, sweetened drinks, and sweets

### DASH diet resources:

- [nhlbi.nih.gov/DASH](https://nhlbi.nih.gov/DASH)
- [qrco.de/DASH\\_recipes](https://qrco.de/DASH_recipes)
- [qrco.de/WeekofDASH](https://qrco.de/WeekofDASH)

### Mediterranean diet resources:

- [qrco.de/Mediterranean\\_diet](https://qrco.de/Mediterranean_diet)
- [qrco.de/VA\\_Mediterranean\\_diet](https://qrco.de/VA_Mediterranean_diet)



## Get vaccinated

Patients who got the shingles vaccine (Shingrix) had a lower chance of getting dementia than those who did not get the vaccine.



## Ask for help with hearing difficulties

Getting hearing aids with counseling from an audiologist can help.

While hearing aids are available without a consultation, speaking with an audiologist can make sure you get the hearing aid that is best for you and help you understand how to use it.



Bringing unbiased evidence to clinical care

Copyright 2026 by Alosa Health. All rights reserved.

**These are general recommendations only; specific medical decisions should be made by the treating clinician based on an individual patient's clinical condition.**

This material is provided by Alosa Health, a nonprofit organization which accepts no funding from any pharmaceutical company. It was supported by the PACE Program of the Department of Aging of the Commonwealth of Pennsylvania.

April 2026