**Healthy Heart, Healthy Brain …**

**The River of Life Flows Through the Heart, Protecting the Mind and Body**

[visualization/infographic style presentation of data]

* 5.7 million Americans have Alzheimer’s disease
* Alzheimer’s is the 6th leading cause of death
* 1 out 10 people age 65 and older has Alzheimer’s
* 1 out of 3 American Indians over 65 develop dementia, including Alzheimer’s

Elders with diabetes, heart disease, or high blood pressure have a much higher risk of developing Alzheimer’s or other dementias

**Make an appointment with your doctor today to talk about how to keep your mind and heart healthy.**