

TOBACCO & BRAIN HEALTH



Simple activities can help you manage chronic conditions and protect brain health. These include regular physical and mental exercise, good nutrition, and quitting smoking.

Alzheimer's is the **fifth leading cause of death** in Vermont.^{1*}

In 2014, **11,000 seniors in Vermont were living with Alzheimer's**, a number projected to grow to 17,000 over the next ten years.²

In 2013, **38% of Vermonters** with a decline in brain function were current smokers.³

Heart disease, stroke, high blood pressure and diabetes put people at higher risk for Alzheimer's. Smoking increases the risk for all these conditions.

Research shows that smoking can increase the risk of Alzheimer's.

Ask your doctor about brain health screening.

Ask your doctor to check your brain health by screening for dementia and cognitive impairment. Even without a cure, knowing the early signs and lowering your risks will greatly increase your quality of life and the lives of your family members.

RESOURCES

FOR ALZHEIMER'S

www.alzheimers.gov
www.nia.nih.gov/alzheimers
www.alz.org

FOR QUITTING TOBACCO

802Quits provides free support to quit tobacco and e-cigarettes, including nicotine replacement therapy and phone, online and in-person counseling.

www.802QUITS.org
1-800-QUIT-NOW



*Based on total number of deaths in 2013. (1) Centers for Disease Control and Prevention. WISQARS Leading Cause of Death Reports, 2013. http://webappa.cdc.gov/sasweb/ncipc/dataRestriction_lcd.html (2) Vermont Alzheimer's Statistics Fact Sheet. www.alz.org/documents_custom/facts_2014/alz_ff_vermont.pdf?type=interior_map&facts=undefined&facts=facts (3) 2013 Vermont BRFSS Data