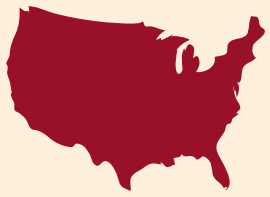


# Healthy Heart, Healthy Brain...

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



**5.7 Million**

Americans have  
Alzheimer's disease



**1 in 10**

People age 65 and older  
has Alzheimer's



**1 in 3**

American Indians over 65  
develops dementia, including  
Alzheimer's

Elders with **heart disease**,  
**high blood pressure**, or  
**diabetes** 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.*

