



South Central's Health on Blast

Links Between High Blood Pressure and Mental Health

An astounding 75 million Americans have high blood pressure. You may know that high blood pressure is a leading cause of heart disease and stroke.

But you may not be aware that a startling new risk is emerging—high blood pressure is linked to a higher risk for dementia, which is the severe loss of memory and judgment.

Having high blood pressure during midlife (age 45 to 65) raises your risk for dementia later in life.

Vascular dementia—one of the most common types of dementia—is usually caused by the impact of multiple strokes over time, including small “silent” strokes that can occur unnoticed as you age.

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Over time, high blood pressure weakens the arteries, leads to strokes, and may bring on processes in your body that can cause dementia.

A number of different diseases can result in dementia. Symptoms include memory loss, changes in mental abilities such as reasoning and judgment

People with dementia can experience changes in personality while others may become agitated, delusional, or have slowed thinking.

Alzheimer's disease is the most common form of dementia.

There are many ways that you can improve your chances of healthy brain aging — from taking blood pressure control medicines prescribed by your doctor to lifestyle changes such as exercise, weight loss, and quitting smoking.