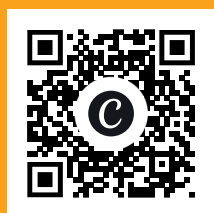


Get Vaccinated. Protect Your Brain.



WHAT CAN YOU DO?

Take 15 minutes to learn more about how to reduce your risk by watching this video:



<https://tinyurl.com/SupportingBrainHealth>

and talk to your doctor about staying up to date on vaccines.



Need another reason to get vaccinated? Routine vaccines may help lower your risk of Alzheimer's and other dementias.



Flu Shot

- Adults 65+ who got a flu shot had up to 40% lower risk of Alzheimer's.
- The high-dose flu vaccine showed even stronger protection, up to 55% lower risk.



Shingles Vaccine

- Adults who got the shingles vaccine had 20-24% lower risk of dementia over several years.



Pneumonia Vaccine

- Linked to 27% lower risk of Alzheimer's in adults 65+.

Based on published research studies. These vaccines are associated with lower risk, not a guaranteed way to prevent Alzheimer's or dementia. This is not medical advice, always talk with your healthcare provider.