

November is Great American Smokeout American Diabetes Month and National Alzheimer's Disease Awareness Month.

Reminder that people who have Alzheimer's are at increased risk of falling and people who have diabetes and/or smoke are at increased risk for strokes and heart attacks.

Problems with vision, perception and balance increase as **Alzheimer's** advances, making the risk of a fall more likely.

About **1 in every 4** seniors falls at least once a year, and that's even more common for people who have **Alzheimer's** disease.

If someone has fallen, call 911 so they can be checked by a professional.

You also should get medical help right away if they:

- Can't stay awake
- Can't move a part of their body
- Have new weakness anywhere in their body
- Can't stand or walk normally (and could before)
- Have bleeding you can't stop



No matter what type of diabetes you have, smoking makes your diabetes harder to manage. If you have diabetes and you smoke, you are more likely to have serious health problems from diabetes, including:

- Heart disease
- Kidney disease
- Poor blood flow in the legs and feet that can lead to infections, ulcers, and possible amputation
- Retinopathy (an eye disease that can cause blindness)

## Diabetes and High Blood Pressure

**2 of 3** people with diabetes report having high blood pressure or take prescription medications to lower their blood pressure.

**Healthy Blood Pressure:** below 120/80

**Early High Blood Pressure:** between 120/80 and 140/90

**High Blood Pressure:** 140/90 or higher

The lower your **blood pressure**, the better your chances of delaying or **preventing a heart attack or a stroke.**