

## **Alzheimer's Society Comment On Research Linking High Blood Pressure To Memory Problems**

Data in a recent study published in *Neurology*, the medical journal of the American Academy of Neurology links elevated diastolic blood pressure to the cognitive impairment of people over 45

The study of nearly 20,000 people aged 45 (average age 65) found that people with high diastolic blood pressure, the bottom number of a blood pressure reading, were more likely to have cognitive impairment or problems with their memory than people with normal readings.

Previous research has demonstrated that people with [high blood pressure](#) have an increased risk of developing [dementia](#) later in life.

High blood pressure affects one in three adults in the UK with a quarter of people not aware that they have it.

'This large study adds weight to the growing body of evidence that high blood pressure can be linked to cognitive impairment. Now further study is needed to establish why these two factors could be linked.

'Alzheimer's Society recommends that you can reduce your blood pressure by exercising regularly, eating healthily and not smoking. High blood pressure can often also be controlled by medication so if you're not sure what your blood pressure is or haven't had it checked recently you should visit your GP to have it measured.'

Dr Susanne Sorensen  
Head of Research  
Alzheimer's Society

**Reference:** 'Association of higher diastolic blood pressure levels with cognitive impairment' G Tsivgoulis, MD, A.V Alexandrov, MD *et al* (*Neurology*, 25 August 2009)