

# Concerned About Your Memory

**1. Know the warning signs. See the back side and learn more at [www.alz.org](http://www.alz.org).**



**2. Seek an evaluation from your family doctor or a neurologist.**

There are clear differences between normal age-related memory loss and dementia. When forgetfulness becomes frequent and consistent, when it is noticed by others and is starting to affect many areas of your life, it is cause for concern. Dementia symptoms are severe enough to interfere with daily activities.

To make an accurate diagnosis, your doctor is likely to have a number of questions for you. You may benefit by having a family member or friend along for his or her observations.

*“I did not want to hear that I had Alzheimer’s. My husband and I cried all the way home. But knowing why I had been struggling offered us both a great deal of relief, and in a way, new hope.”*





# Know the 10 Early Signs and Symptoms of Alzheimer's

## 1. Memory loss that disrupts daily life

One common sign, especially in the early stage, is forgetting recently learned information. Other signs include forgetting important dates or events, asking for the same information over and over, and increasingly needing to rely on someone for things they used to handle on their own.

## 2. Challenges in planning or solving problems

Some people may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and may take much longer to do things than they did before.

## 3. Difficulty completing familiar tasks

People with Alzheimer's often find it hard to complete daily, familiar tasks. They may have trouble driving to a familiar location, managing a budget at work, or remembering the rules of a favorite game.

## 4. Confusing time or place

A person with Alzheimer's can lose track of dates,

seasons, and the passage of time. They may have trouble understanding something when it is not happening right now. At times, they may forget where they are or how they got there.

## 5. Trouble understanding visual images and spatial relationships

For some people, having vision problems is a sign of Alzheimer's. They may have difficulty reading, judging distance, and determining color or contrast, which may cause problems with driving.

## 6. New problems with words, spoken or written

People with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle, not know how to continue, or they may repeat themselves. They may struggle with vocabulary, such as not finding the right word or calling something by the wrong name.

## 7. Misplacing things; losing the ability to retrace steps

A person with Alzheimer's may put things in unusual places. They may lose something and not be able to go back over their steps to find it. Sometimes, they may accuse others of stealing.

## 8. Decreased or poor judgment

People with Alzheimer's may experience changes in judgment or decision making. For example, they may use poor judgment when dealing with money, giving large amounts to telemarketers. They may pay less attention to personal grooming.

## 9. Withdrawal from work or social activities

A person with Alzheimer's may start to withdraw from hobbies, social activities, work projects or sports. They may have trouble keeping up with a favorite sports team or remembering how to complete a favorite hobby. They may also avoid being social because of the changes they are experiencing.

## 10. Changes in mood and personality

The mood and personality of people with Alzheimer's can change, such as becoming confused, suspicious, depressed, fearful or anxious. They may easily become upset at home, work, or any place out of their comfort zone.