Recognizing the Signs of Alzheimer's Disease and Other Dementias

Did you know that **every 65 seconds**, someone in the United States develops Alzheimer's disease?

Recognizing the signs of Alzheimer's and seeking a diagnosis is important for long term health and wellbeing.

The Alzheimer's Association has identified the following 10 signs of Alzheimer's disease.

1. Memory loss that disrupts daily life.

2. Challenges in planning, solving problems or keeping track of things

3. Difficulty completing familiar tasks.

4. Confusion with time or place.

5. Challenges understanding visual images and spatial relationships.

6. New problems with words in speaking or writing.

7. Misplacing things and losing the ability to retrace steps.

8. Decreased or poor judgment.

9. Withdrawal from work or social activities.

10. Changes in mood, behavior and personality.

When early signs are noticed, it's best to see a physician who can determine the symptoms, diagnose the disease causing the symptoms, and provide appropriate treatment.

Keep in mind that as a person ages, they may experience slight changes in their cognitive abilities. However, they are typically not severe enough to impact daily life.

For example, a person may sometimes forget names or appointments but can remember them later. They may misplace things from time to time but can later retrace their steps to find them. These types of lapses in memory may not be a concern until the person can no longer recall or retrace their steps.

More information and resources can be found in the care resources area of our <u>website</u> or the <u>Alzheimer's Association</u>.

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