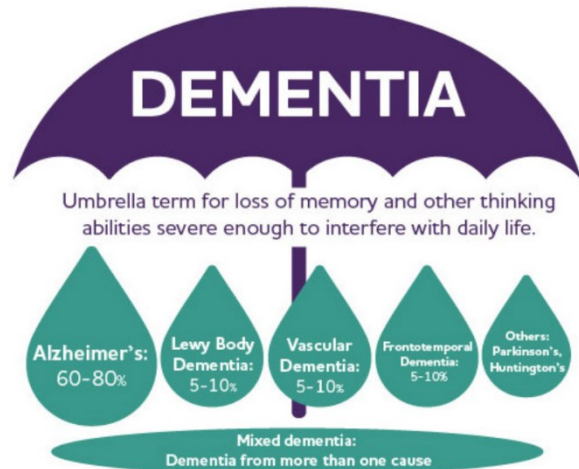




HOW DO YOU KNOW IF YOU'RE DEVELOPING DEMENTIA?

WHAT IS ALZHEIMER'S DISEASE VS. DEMENTIA?

People often use the terms dementia and Alzheimer's interchangeably, but they are different. Dementia is an "umbrella term" for disorders that impair memory and cognitive function. The most common cause of dementia is Alzheimer's disease accounting for about 60-80% of all cases.



HOW DO I KNOW IF I'M DEVELOPING DEMENTIA?

Where are my glasses?

I didn't have any appointments today...

Oh...what's the word I'm looking for?

An overwhelming to-do list can cause distraction, missed appointments, and overlooking tasks. As humans, common memory malfunctions happen to us all from time-to-time, but what if your memory issues go beyond occasional forgetfulness? We value our memory, and it can be devastating if it starts to fade.

Educating yourself on the symptoms and early warning signs of Alzheimer's can be helpful in understanding more about the disease and your individual risk. It also empowers you to make changes that can preserve your memory function for many years. Keep an eye out for the following.



General symptoms of dementia include:

- Loss of memory; Short term and longer-term
- Problems with attention
- Trouble with communication
- Forgetting routine tasks; Cooking, where you are going, etc.
- Problems related to judgement, reasoning, or problem-solving
- Loss of balance/coordination

15 WARNING SIGNS OF ALZHEIMER'S DISEASE

(Credit: Amen Clinics)

1. Your memory is not as sharp as it was 10 years ago.

This can be a normal part of aging, but it's good to notice more significant changes in your memory functioning and keep track of how often it's happening.

2. You read a book or an article but don't remember much of it.

3. Your vocabulary is getting worse.

Difficulty recalling words when you're describing something or telling a story.

4. You're having trouble remembering to consistently take medications or supplements.

5. You frequently misplace your keys or phone.

If you notice a pattern of misplacing important items that you use every day, take note of this and consider how other areas of your life might also be affected by forgetfulness.

6. You often wonder why you came into a room.

Be careful to note if this is happening consistently as it is a symptom of compromised memory function.



7. Decreases in decision-making or judgment.

8. You're embarrassed by forgetting appointments.

9. You have problems with physical balance.

10. You struggle to keep track of time and dates.

Something as simple as remembering what day of the week it is can prove challenging for those with Alzheimer's disease.

11. You get lost and have trouble driving to familiar locations.

We have the technology to help us with unfamiliar routes, but when the territory is familiar and you still feel confused about where you're going, it could be a sign of Alzheimer's.

12. You have trouble completing daily tasks, such as difficulty paying bills.

13. Social withdrawal.

If you lack of enthusiasm and interest in being with people, and it is becoming more pronounced in your life and occurring in conjunction with other symptoms listed in this article, it could be connected to Alzheimer's disease or other forms of dementia.

14. Changes in mood or personality.

The person you once were seems to have gone away.

15. Having to rely on electronic reminders.

*While many of the symptoms noted might not be a sign of Alzheimer's on their own, grouped together they could be indicators of a memory issue that needs further attention.