



10 Warning Signs of Alzheimer's Disease

Alzheimer's disease causes a loss of brain cells and function, resulting in a progressive decline in memory, cognitive, and reasoning skills. While memory typically changes with age, memory loss that disrupts daily life is more typical of Alzheimer's disease. Early signs include difficulty remembering recent events or conversations.

- 1. Memory loss that disrupts daily life**
- 2. Challenges with planning and problem-solving**
- 3. Difficulty performing familiar or routine tasks**
- 4. Disorientation around where you are or what time it is**
- 5. Difficulty with balance or judging distances**
- 6. Finding the right words or using words inappropriately**
- 7. Losing things or losing the ability to find them**
- 8. Problems with judgement**
- 9. Withdrawal from normally pleasant activities**
- 10. Changes in mood, personality, or behaviors**

If you notice any of these signs in yourself or a loved one, don't ignore them. It's important to know now so you can take advantage of treatments that may be available to you. Schedule an appointment with a doctor who can review your medical history, evaluate your physical and mental health, and refer you to someone expert in Alzheimer's disease and dementia.

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A colorful circular logo with segments in blue, green, and orange, followed by the text "LIVING joyfully" in a mix of bold and cursive fonts.

