



10 Signs of Alzheimer's Disease & 7 Steps to Lower the Risk Now

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**

What Causes Alzheimer's Disease?

It's still unclear on what increases your risk for or causes Alzheimer's disease and other dementias. It may be a combination of age, genetics, lifestyle, and environmental factors.

While there's not much you can do to change your age or genes, you can help lower the risk for Alzheimer's disease. And, as with many diseases and conditions, it starts with a healthy lifestyle.

