

Memories often change with age, but memory loss that disrupts daily life is not a typical part of the process. It may be a symptom of dementia - a slow decline in memory, thinking and reasoning skills. The most common form of dementia is Alzheimer's (AHLZ-high-merz) disease, a fatal disorder that results in the loss of brain cells and function.

10 Warning Signs Of Alzheimer's:

1. Memory loss that disrupts daily life
2. Challenges planning or solving problems
3. Difficulty completing familiar tasks
4. Confusion with time or place
5. Trouble understanding visual images and spatial relationships
6. Misplacing things and losing the ability to retrace steps
7. New problems with spoken or written language
8. Decreased or poor judgement
9. Changes in mood or personality
10. Withdrawal from work or social activity



Need more help with an Alzheimer's diagnosis? Use the QR code to our website for more resources.



Warning Signs Of Alzheimer's

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Funding for this publication made possible by a grant from the Illinois Department of Public Health.

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Early detection is important.

Diagnosing Alzheimer's disease in its early stage allows those directly affected to be actively involved in important health and planning decisions and to gain access to treatments and support services.

The normal aging process often causes memory or function-loss issues — and not all these issues are due to dementia or its most common form, Alzheimer's disease. Only a clinical evaluation can determine if symptoms are related to dementia or a reversible cause.

Interested in learning more about Alzheimer's?

Visit our website at knowalz-il.org

Brain Health

- At least 150 minutes per week of moderate- to vigorous-intensity physical activity — Physical activity is an important part of healthy aging.
- Not smoking — Established research has confirmed that even in people 60 or older who have been smoking for decades, quitting will improve health.
- Light-to-moderate alcohol consumption — Limiting use of alcohol may help cognitive health.
- A high-quality, Mediterranean-DASH Intervention for Neurodegenerative Delay (MIND) diet, which combines the Mediterranean diet and Dietary Approaches to Stop Hypertension (DASH) diet — The MIND diet focuses on plant-based foods linked to dementia prevention.
- Engagement in late-life cognitive activities — Being intellectually engaged by keeping the mind active may benefit the brain.

Information from the Illinois Cognitive Resources Network shares that in order to keep your brain healthy, the following items are recommended.

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