

# 10 WARNING SIGNS OF ALZHEIMER'S

IF YOU NOTICE ANY OF THESE SIGNS IN YOURSELF OR SOMEONE ELSE, TAKE ACTION.

**1** MEMORY LOSS THAT DISRUPTS DAILY LIFE

*Example: Forgetting recently learned information.*

**2** CHALLENGES IN PLANNING OR SOLVING PROBLEMS

*Example: Having trouble keeping track of monthly bills.*

**3** DIFFICULTY COMPLETING FAMILIAR TASKS

*Example: Difficulty organizing a grocery list.*

**4** CONFUSION WITH TIME OR PLACE

*Example: Losing track of dates, seasons and the passage of time.*

**5** TROUBLE UNDERSTANDING VISUAL IMAGES AND SPATIAL RELATIONSHIPS

*Example: Problems judging distance, which may cause trouble with driving.*

**6** NEW PROBLEMS WITH WORDS IN SPEAKING OR WRITING

*Example: Calling everyday objects by the wrong name.*

**7** MISPLACING THINGS AND LOSING THE ABILITY TO RETRACE STEPS

*Example: Leaving keys in unusual places and having no idea how they got there.*

**8** DECREASED OR POOR JUDGMENT

*Example: Making bad decisions when dealing with money.*

**9** WITHDRAWAL FROM WORK OR SOCIAL ACTIVITIES

*Example: Losing interest in a favorite hobby.*

**10** CHANGES IN MOOD OR PERSONALITY

*Example: Becoming easily upset when out of one's comfort zone.*

Visit [alz.org/10signs](http://alz.org/10signs) to learn more.

NOTE: This list is for information only and not a substitute for a consultation with a qualified medical professional.

# WHAT YOU NEED TO KNOW ABOUT ALZHEIMER'S

AND HOW THE ALZHEIMER'S ASSOCIATION® CAN HELP



## The disease

Alzheimer's is not a part of normal aging; it's a progressive, fatal disease. There is no cure. Today, it is the sixth-leading cause of death in the United States.

## The prevalence

More than 5 million Americans are living with Alzheimer's, including approximately 200,000 individuals under age 65 who have younger-onset Alzheimer's. Barring any effective prevention or treatment methods, the number of Americans living with Alzheimer's could reach nearly 14 million by 2050.

## The future

The Alzheimer's Association is funding researchers looking at new treatment strategies and advocates for more federal Alzheimer's research funding.