

ALZHEIMER'S & DEMENTIA

Top 10 Early Signs

Although memory loss impacts everyone differently, the disease does show some early signs and symptoms. Here's a list of the top 10 early signs of memory loss that may indicate that Alzheimer's or a dementia is present:

- 1. Difficulty remembering things that just happened.** Forgetting dates or events; repeatedly asking for the same information and relying more and more on family members or reminder notes to handle daily tasks.
- 2. Inability to plan or solve problems.** Struggling to track monthly bills or solve simple math problems. Taking longer to do these things may be another sign.
- 3. Losing track of dates, seasons and time.** Forgetting where they are and how they got there are also common symptoms.
- 4. Misplacing things.** Putting items in unusual places denying they may have put it there; struggling to retrace steps to look for a lost item and, in some cases, accusing others of stealing.
- 5. Mood and personality changes.** Alzheimer's can produce anxiety, confusion, depression or suspicion. It can make people become upset much more easily, especially when they're away from home.
- 6. Poor decision-making.** Having poor judgment with money or frivolously giving it away. Some people with Alzheimer's may stop grooming habits or keeping themselves clean.
- 7. Struggling with conversations.** Challenges with vocabulary, such as calling things by the wrong name, inability to follow or join a conversation and repeating the same stories.
- 8. Trouble completing familiar tasks.** Trouble driving to a familiar place, forgetting how to cook a simple meal or remembering the rules of a favorite game.
- 9. Vision problems.** Having difficulty identifying colors or contrasts, judging distance or reading. Poor driving may result.
- 10. Withdrawal from social or work activities.** Failing to complete work assignments, giving up hobbies or avoiding social situations.