

10 EARLY SIGNS & SYMPTOMS OF ALZHEIMER'S & DEMENTIA

According to the Alzheimer's Association, there are 10 warning signs and symptoms that can disrupt daily life. If you notice these signs and symptoms in yourself or another person, we encourage you to take action and discuss them with your doctor.

- Memory loss that disrupts daily life.
- Challenges in planning or solving problems
- Difficulty completing familiar tasks
- Confusion with time or place
- Trouble understanding visual images and spatial relationships
- New problems with words in speaking or writing
- Misplacing things and losing the ability to retrace steps
- Decreased or poor judgement
- Withdrawal from work or social activities
- Changes in mood or personality

If you require more information, visit ALZ.org or talk to your doctor.



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