

## What are the first signs of Alzheimer's disease?

Mild forgetfulness can be a normal part of the aging process. But when memory problems begin to seriously affect daily life, they could be early signs of Alzheimer's disease or another dementia. Here are some of the early warning signs:

- ✓ **Memory loss that disrupts daily life**  
Asking the same question or repeating the same story over and over again. Forgetting information just learned or losing track of important dates, names and places. Relying heavily on memory aids like Post-it notes or reminders on your smartphone.
- ✓ **Difficulty planning or solving problems**  
Difficulty concentrating on detailed tasks, especially involving numbers; for example, keeping track of bills and balancing a checkbook.
- ✓ **Forgetting how to do familiar tasks**  
Forgetting how to do activities that were previously routine, such as cooking, making repairs, or playing cards.
- ✓ **Confusion with dates, time or place**  
Distorted perception of dates, time or place. Becoming disoriented or feeling lost in familiar places.
- ✓ **Trouble with spatial relationships**  
Difficulty reading words on a page, judging distances, telling colors apart.
- ✓ **New problems with words in speaking or writing**  
Trouble finding the right word or calling things by the wrong name. Conversations can be a struggle and difficult to follow.
- ✓ **Misplacing objects and the inability to retrace steps**  
Finding objects in unusual places, like a watch in the refrigerator. Misplacing things and inability to retrace steps; accusing people of taking things.
- ✓ **Altered decision making; poor judgement or relying on someone else, such as a spouse to make decisions or answer questions**  
Making poor decisions, such as giving away money inappropriately. Less attention to grooming.
- ✓ **Withdrawal from work or social situations; difficulty initiating activities and participating in social interactions**  
Watching television or sleeping more; lacking motivation. Scaling back on work projects or becoming less involved in favorite hobbies.
- ✓ **Mood swings and changes in personality**  
Getting upset more easily, feeling depressed, scared or anxious. Being suspicious of people.