

# June Health Tip

Health Ministries

## 10 Early Signs and Symptoms of Alzheimer's

Memory loss that disrupts daily life may be a symptom of Alzheimer's or other form of dementia. Alzheimer's is a brain disease that causes a slow decline in memory, thinking and reasoning skills. There are 10 warning signs and symptoms. If you notice any of them, don't ignore them. Schedule an appointment with your doctor.

### 1. Memory loss that disrupts daily life

One of the most common signs of Alzheimer's disease, especially in the early stage, is forgetting recently learned information. Others include forgetting important dates or events, asking for the same information over and over, and increasingly needing to rely on memory aids (i.e. reminder notes or electronic devices) or family members for things they used to handle on their own.

### 2. Challenges in planning or solving problems

Some people may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before.

### 3. Difficulty completing simple tasks at home, at work, or at leisure

People with Alzheimer's often find it hard to complete daily tasks. Sometimes, people may have trouble driving to a familiar location, managing a budget at work or remembering the rules of a favorite game.

### 4. Confusion with time or place

People with Alzheimer's can lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there.

### 5. Trouble understanding visual images and spatial relationships

For some people, having vision problems is a sign of Alzheimer's. They may have difficulty reading, judging distance and determining color or contrast, which may cause problems with driving.



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## 6. New problems with words in speaking and writing

People with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have problems finding the right word or call things by the wrong name (i.e. calling a "watch" a "hand-clock").

## 7. Misplacing things and losing the ability to retrace steps

A person with Alzheimer's disease may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. Sometimes, they may accuse others of stealing. This may occur more frequently over time.

## 8. Decreased or poor judgement

People with Alzheimer's may experience changes in judgement or decision-making. For example, they may use poor judgement when dealing with money (i.e. giving large amounts to telemarketers). They may pay less attention to grooming or keeping themselves clean.



## 9. Withdrawal from work or social activities

A person with Alzheimer's may start to remove themselves from hobbies, social activities, work projects or sports. They may have trouble keeping up with a favorite sports team or remembering how to complete a favorite hobby. They also may avoid social activities because of the changes they have experienced.

## 10. Changes in mood or personality

The mood and personalities of people with Alzheimer's can change. They can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, at work, or with friends. If you notice any of the 10 Warning Signs don't ignore them. Schedule an appointment with your doctor.

Source: Alzheimer's Association

*The material above is general medical information provided for informative and educational purposes only. General medical advice can never substitute for personal, professional advice given based on your medical history, your family medical history, your medication history, and other factors. Because these factors are different for every person, you should always consult your physician before relying on this information. These health tips should not be construed as establishing a patient-physician relationship between you and Premier Health and/ or any staff members. If you need medical assistance, contact (866) 608- 3463 to make an appointment with a physician, or call 9-1-1 immediately if it is an emergency.*