

10 Early Signs of Abnormal Memory Changes

Dementia is a general term for a decline in mental ability severe enough to interfere with daily life. Dementia is not a specific disease. It describes a wide range of symptoms associated with a decline in memory or other thinking skills. Alzheimer's disease is the most common type of dementia.

Many dementias are progressive, meaning symptoms get worse over time. If you or a loved one is experiencing memory difficulties or other changes in thinking skills, don't ignore them. See a doctor soon to determine the cause.

The resource was adapted from the Alzheimer's Association: "10 Early Signs and Symptoms of Alzheimer's"

For information, education, referrals, or support, call the Alzheimer's Association 24/7 helpline at 1-800-272-3900 or visit their website at alz.org.



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