

10 Warning Signs of Alzheimer's disease

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KNOW the
10 SIGNS

EARLY DETECTION MATTERS

- 1 **Memory loss that disrupts daily life**
- 2 **Challenges in planning or solving problems**
- 3 **Difficulty completing familiar tasks**
- 4 **Confusion with time or place**
- 5 **Trouble understanding visual images and spatial relationships**
- 6 **New problems with words in speaking or writing**
- 7 **Misplacing things and losing the ability to retrace steps**
- 8 **Decreased or poor judgment**
- 9 **Withdrawal from work or social activities**
- 10 **Changes in mood and personality**

If you or anyone you know experiences any of these warning signs, please see a doctor.

For more information, call 800.272.3900 or visit alz.org/10signs.

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THE BRAINS BEHIND SAVING YOURS.®

10 WAYS TO LOVE YOUR BRAIN



START NOW. It's never too late or too early to incorporate healthy habits.



HIT THE BOOKS

Formal education will help reduce risk of cognitive decline and dementia. Take a class at a local college, community center or online.



BUTT OUT

Smoking increases risk of cognitive decline. Quitting smoking can reduce risk to levels comparable to those who have not smoked.



FOLLOW YOUR HEART

Risk factors for cardiovascular disease and stroke – obesity, high blood pressure and diabetes – negatively impact your cognitive health.



BREAK A SWEAT

Engage in regular cardiovascular exercise that elevates heart rate and increases blood flow. Studies have found that physical activity reduces risk of cognitive decline.



STUMP YOURSELF

Challenge your mind. Build a piece of furniture. Play games of strategy, like bridge.



HEADS UP!

Brain injury can raise risk of cognitive decline and dementia. Wear a seat belt and use a helmet when playing contact sports or riding a bike.

Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body.

BUDDY UP

Staying socially engaged may support brain health. Find ways to be part of your local community or share activities with friends and family.



TAKE CARE OF YOUR MENTAL HEALTH

Some studies link depression with cognitive decline, so seek treatment if you have depression, anxiety or stress.



CATCH SOME ZZZ'S

Not getting enough sleep may result in problems with memory and thinking.



FUEL UP RIGHT

Eat a balanced diet that is higher in vegetables and fruit to help reduce the risk of cognitive decline.



Visit alz.org/10ways to learn more.

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