

# 10 Warning Signs of Alzheimer's Disease

The Alzheimer's Association, the world leader in Alzheimer research and support, has developed a checklist of common symptoms to help recognize the warning signs of Alzheimer's Disease.

- 1** Memory loss
- 2** Difficulty performing familiar tasks
- 3** Problems with language
- 4** Disorientation to time and place
- 5** Poor or decreased judgment
- 6** Problems with abstract thinking
- 7** Misplacing things
- 8** Changes in mood or behavior
- 9** Changes in personality
- 10** Loss of initiative

If you or someone you know is experiencing these symptoms, consult a physician. To receive reliable information and support, contact the Alzheimer's Association.

**1.800.272.3900**  
**www.alz.org**

alzheimer's  association™

the compassion to care, the leadership to conquer

## Is memory loss a natural part of aging?

Everyone forgets the name of an acquaintance or misplaces things occasionally. Many healthy people are less able to remember certain kinds of information as they get older.

The symptoms of Alzheimer's disease are much more severe than such simple memory lapses. Alzheimer symptoms affect communication, learning, thinking and reasoning, and eventually have an impact on a person's work and social life.

## What is the difference between Alzheimer symptoms and normal age-related memory changes?

If someone	A person with Alzheimer memory problems	A person with age-related memory changes
Forgets	whole experiences	part of an experience
Remembers later	rarely	often
Follows written or spoken directions	gradually unable	usually able
Uses notes	gradually unable	usually able
Cares for self	gradually unable	usually able