MORE THAN NORMAL AGING:
UNDERSTANDING MILD COGNITIVE IMPAIRMENT

More than 80% of Americans know little or are not familiar with mild cognitive impairment (MCI).

An estimated 10-15% of individuals with MCI develop dementia each year.

Over 50% of all Americans say MCI sounds like “normal aging.”

About 1/3 of people with MCI develop dementia due to Alzheimer’s disease within 5 years.

42% of Americans say they worry about developing MCI due to Alzheimer’s disease.

Physicians and MCI

90% say it’s important to diagnose MCI due to Alzheimer’s.

However, over 1/2 say they are not fully comfortable diagnosing it.

96% say it’s important to assess patients aged 60 and older for cognitive impairment.

Yet assessments are conducted for just 1/2 of their patients.

What is MCI?

Mild cognitive impairment is an early stage of memory loss or other cognitive ability loss in individuals who are able to perform most activities of daily living.

MCI can be an early stage of the Alzheimer’s disease continuum if the hallmark changes in the brain are present.

Alzheimer’s Disease (AD) Continuum

- **Preclinical AD**: No symptoms but possible biological changes in the brain.
- **Mild Cognitive Impairment Due to AD**: Very mild symptoms that may not interfere with everyday activities.
- **Dementia Due to AD Mild**: Symptoms interfere with some everyday activities.
- **Dementia Due to AD Moderate**: Symptoms interfere with many everyday activities.
- **Dementia Due to AD Severe**: Symptoms interfere with most everyday activities.