



# Alzheimer's Disease Awareness



## Alzheimers...

**Is a progressive and fatal brain disease.** As many as 5 million Americans are living with Alzheimer's disease. Alzheimer's destroys brain cells, causing problems with memory, thinking and behavior severe enough to affect work, lifelong hobbies or social life. Alzheimer's gets worse over time, and it is fatal. Today it is the sixth-leading cause of death in the United States.

## 10 warning signs of Alzheimer's:

**1. Memory loss.** Forgetting recently learned information is one of the most common early signs of dementia. A person begins to forget more often and is unable to recall the information later.

**What's normal?** Forgetting names or appointments occasionally.

**2. Difficulty performing familiar tasks.** People with dementia often find it hard to plan or complete everyday tasks. Individuals may lose track of the steps involved in preparing a meal, placing a telephone call or playing a game.

**What's normal?** Occasionally forgetting why you came into a room or what you planned to say.

**3. Problems with language.** People with Alzheimer's disease often forget simple words or substitute unusual words, making their speech or writing hard to understand. They may be unable to find the toothbrush, for example, and instead ask for "that thing for my mouth."

**What's normal?** Sometimes having trouble finding the right word.

**4. Disorientation to time and place.** People with Alzheimer's disease can become lost in their own neighborhood, forget where they are and how they got there, and not know how to get back home.

**What's normal?** Forgetting the day of the week or where you were going.

**5. Poor or decreased judgment.** Those with Alzheimer's may dress inappropriately, wearing several layers on a warm day or little clothing in the cold. They may show poor judgment, like giving away large sums of money to telemarketers.

**What's normal?** Making a questionable or debatable decision from time to time.

**6. Problems with abstract thinking.** Someone with Alzheimer's disease may have unusual difficulty performing complex mental tasks, like forgetting what numbers are for and how they should be used.

**What's normal?** Finding it challenging to balance a checkbook.

**7. Misplacing things.** A person with Alzheimer's disease may put things in unusual places: an iron in the freezer or a wristwatch in the sugar bowl.

**What's normal?** Misplacing keys or a wallet temporarily.

**8. Changes in mood or behavior.** Someone with Alzheimer's disease may show rapid mood swings – from calm to tears to anger – for no apparent reason.

**What's normal?** Occasionally feeling sad or moody.

**9. Changes in personality.** The personalities of people with dementia can change dramatically. They may become extremely confused, suspicious, fearful or dependent on a family member.

**What's normal?** People's personalities do change somewhat with age.

**10. Loss of initiative.** A person with Alzheimer's disease may become very passive, sitting in front of the TV for hours, sleeping more than usual or not wanting to do usual activities.

**What's normal?** Sometimes feeling weary of work or social obligations.

**Source:**

[www.Alz.org](http://www.Alz.org)

Courtesy of Wellness Proposals