



# 10 WARNING SIGNS OF ALZHEIMERS



**Currently, more than 5 million Americans are living with dementia.**

In collaboration with experts in the field, the Alzheimer's Association® created a list of warning signs to help identify symptoms that may be related to Alzheimer's or another dementia.

-  **Memory Loss that Disrupts Daily Life.**
-  **New Problems with Words in Speaking or Writing.**
-  **Challenges in Planning or Solving Problems.**
-  **Misplacing Things and Losing the Ability to Retrace Steps.**
-  **Difficulty Completing Familiar Tasks.**
-  **Decreased or Poor Judgement.**
-  **Confusion with Place or Time.**
-  **Withdrawal from Work or Social Activities.**
-  **Trouble Understanding Visual Images and Spatial Relationships.**
-  **Changes in Mood or Personality.**

**Note:** It's possible for individuals to experience one or more of these signs in varying degrees. It is not necessary to experience every sign in order to raise concern.

# Alzheimers Vs. Age-Related Changes

## What's the Difference?

### Warning signs of Alzheimer's dementia

### Typical age-related changes

Poor judgement and decision making.



Making a bad decision once in awhile.

Inability to manage a budget.



Missing a monthly payment.

Losing track of the date or season.



Forgetting which day it is but remembering it later.

Difficulty having a conversation.



Sometimes forgetting which word to use.

Misplacing things and being unable to retrace steps to find them.



Losing things from time to time.

If you notice one or more signs in yourself or another person, it can be difficult to know what to do. However, these are significant health concerns that should be evaluated by a doctor, and it's important to take action to figure out what's happening.

Learn more at [Oklahoma.gov/health](https://oklahoma.gov/health) or [Alz.org](https://Alz.org).

