Know the 10 Warning Signs of Alzheimer's Disease

Alzheimer's disease is a progressive brain disorder that damages and eventually destroys brain cells, leading to a loss of memory, thinking and other brain functions. It is not a normal part of aging. Early diagnosis can help to delay or reverse the onset of the disease.

**Memory Loss That Disrupts Life**
- Forgetting new information
- Forgetting important dates
- Asking the same information over and over

**Changes in Planning or Solving Problems**
- Difficulty following a plan
- Forgetting familiar recipes
- Difficulty tracking monthly bills or counting change

**Difficulty Completing Familiar Tasks**
- Forgetting how to drive to a familiar location
- Challenges balancing a budget
- Forgetting the rules to a favorite game

**Trouble with Visual Images**
- Difficulty reading or judging distance
- Trouble with driving
PROBLEMS WITH SPEAKING OR WRITING
- Difficulty following or joining a conversation
- Having trouble finding the right word
- Calling items by the wrong name

MISPLACING ITEMS & BEING UNABLE TO FIND THEM
- Placing items in unusual areas
- Not being able to find items

DECREASED OR POOR JUDGEMENT
- Changes in decision-making
- Refusing to bathe
- Spending large amount of money

WITHDRAWAL FROM WORK OR SOCIAL ACTIVITIES
- Disconnecting from hobbies
- Forgetting how to complete a hobby
- Avoiding social activities

CHANGES IN MOOD OR PERSONALITY
- Becoming easily upset
- Mood changes when uncomfortable or confused

A message from the Placer County Healthy Brain Initiative. Sponsored by the California Department of Public Health.