

# TOP 10 ALZHEIMER'S SIGNS AND SYMPTOMS

## 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.

## 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 "the thing for my mouth."

### What's normal?

Forgetting names or appointments occasionally.

## 5. Poor or Decreased Judgement

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

### What's normal?

Making a questionable or debatable decision from time to time.

## 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.

## 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 home.

### What's normal?

Forgetting the day of the week or where you were going.

Every person with Alzheimer's experiences the disease differently, but people tend to experience a similar trajectory from the beginning of the illness to its end. New York University's Dr. Barry Reisberg outlines the seven major clinical stages of Alzheimer's disease.

**LEARN ABOUT  
THE 7 STAGES OF ALZHEIMER'S**  
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## 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.

## 8. Change 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.

## 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.

## 7. Misplacing Things

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

### What's normal?

Misplacing keys or wallet temporarily.

## 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.

If you notice any of these 10 Signs & Symptoms of Alzheimer's in yourself or someone you know, don't ignore them. Please consult your physician.

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