

Updated Warning Signs help with Early Detection!

It may be difficult to know the difference between age-related changes and the first signs of Alzheimer's. As part of its public education effort, the Alzheimer's Association has worked with a wide range group of experts to update its 10 Warning Signs of Alzheimer's to make them more current and user-friendly. The comprehensive review process included feedback from health professionals, clinicians, scientists and people with dementia.

The revised warning signs are the cornerstone of Know the 10 Signs: Early Detection Matters, the Alzheimer's Association's national early detection campaign. The signs are a key tool in promoting recognition of common changes that may facilitate early detection and diagnosis of Alzheimer's or another dementia. Early detection, diagnosis and intervention are vital because they provide the best opportunities for treatment, support and planning for the future.

The revised list describes the following signs:

1. Memory changes that disrupt daily life
2. Challenges in planning or solving problems
3. Difficulty completing familiar tasks
4. Confusion with time or place
5. Trouble understanding visual images and spatial relationships
6. New problems with words in speaking or writing
7. Misplacing things and losing the ability to retrace steps
8. Decreased or poor judgment
9. Withdrawal from work or social activities
10. Changes in mood and personality

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10 SIGNS

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