

COULD MOM HAVE ALZHEIMER'S?  
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February 12<sup>th</sup> – 18<sup>th</sup> is National Alzheimer's Week, and the perfect time to bring awareness to the signs of Alzheimer's. According to the Alzheimer's Association there are 10 early detection signs that may signal you or a loved one have Alzheimer's.

1. Memory loss that disrupts daily life. Do you find yourself or your loved one relying on reminder notes? You may find notes all over the house to remind the person of day to day activities.
2. Challenges in planning or solving problems. Do you find yourself or your loved one relying on others to manage their finances, when they used to manage them on their own?
3. Difficulty completing familiar tasks at home, at work or at leisure. Do you find yourself or a loved one forgetting how to use the turn signal on their car?
4. Confusion with time or place. Do you find yourself or a loved one losing track of time, and not being able to recall what they did during the day?
5. Trouble understanding visual images and spatial relationships. Do you find yourself or a loved one having difficulty reading their mail?
6. New problems with words in speaking or writing. Do you find yourself or a loved one having difficulty joining into conversation?
7. Misplacing things and losing the ability to retrace steps. Do you find yourself or a loved one placing items in unusual places?
8. Decreased or poor judgment. Do you find yourself or a loved one not grooming themselves as they once did?
9. Withdrawal from work or social activities. Do you find yourself or a loved one keeping up with their favorite sport?
10. Changes in mood and personality. Do you find yourself or a loved one being suspicious, depressed, fearful or anxious in situations where they are not in their comfort zone?

If you are a loved one are concerned about the 10 early detection signs of Alzheimer's please speak with your health care professional. For more information on Alzheimer's Disease go to [www.alz.org](http://www.alz.org).