

10 Signs of Alzheimer's Disease & 7 Steps to Lower the Risk Now



10 Warning Signs of Alzheimer's Disease

Alzheimer's disease causes a loss of brain cells and function, resulting in a progressive decline in memory, cognitive, and reasoning skills. While memory typically changes with age, memory loss that disrupts daily life is more typical of Alzheimer's disease. Early signs include difficulty remembering recent events or conversations.

1. **Memory loss that disrupts daily life**
2. **Challenges with planning and problem-solving**
3. **Difficulty performing familiar or routine tasks**
4. **Disorientation around where you are or what time it is**
5. **Difficulty with balance or judging distances**
6. **Finding the right words or using words inappropriately**
7. **Losing things or losing the ability to find them**
8. **Problems with judgement**
9. **Withdrawal from normally pleasant activities**
10. **Changes in mood, personality, or behaviors**



What Causes Alzheimer's Disease?

It's still unclear what increases your risk for or causes Alzheimer's disease and other dementias. It may be a combination of age, genetics, lifestyle, and environmental factors.

While there's not much you can do to change your age or genes, you can help lower the risk for Alzheimer's disease. And, as with many diseases and conditions, it starts with a healthy lifestyle.

7 Steps to Lower the Risk for Alzheimer's Disease

1. Eat a healthy diet
2. Get heart-pumping exercise
3. Get plenty of good sleep
4. Stay socially connected
5. Engage your brain
6. Manage your blood sugar
7. Control high blood pressure

Enjoy Peace of Mind for You, 24x7 Care for Your Loved One

Astral At Auburn offers 24x7 specialized memory care services and support in a secure environment that provides dignity and quality of life for your loved one and peace of mind for you.



Early Diagnosis is Important

Some of these symptoms may be signs of something else, unrelated to Alzheimer's disease. That's why it's important to get a diagnosis as quickly as possible.

If you notice any of these signs in yourself or a loved one, don't ignore them. It's important to get a correct diagnosis so you can take advantage of available treatments to manage the symptoms or slow the progression of Alzheimer's disease.

Schedule an appointment with a doctor who can review your medical history, evaluate your physical and mental health, and refer you to an expert for more specialized care.

Learn more about Alzheimer's disease at
www.astralatauburn.com



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