



# KNOW *the* SIGNS

Testing for dementia can provide you with answers.

THERE ARE SEVERAL THINGS FAMILIES CAN KEEP IN MIND AS THEY TRAVEL THIS ROAD WITH A LOVED ONE:

**EXIT HERE FOR MEDICAL ADVICE**



**THE FIRST SIGN OF A PROBLEM:** Early clinical symptoms can be difficulty remembering conversations, names or events.



**APATHY AND DEPRESSION** can also be present at the beginning.

**LATER SYMPTOMS INCLUDE** impaired communication, poor judgement, disorientation, confusion, behavior changes and difficulty speaking, swallowing and walking.

**FAMILY MEMBERS** who suspect a loved one is exhibiting signs of dementia often find it difficult to take the first step toward an evaluation.

**3%** of adults age **65 TO 74 YEARS**

**20%** between the age **75 TO 84 YEARS**

**WILL DEVELOP DEMENTIA**



### EARLIER IS OFTEN BETTER

Delaying a medical evaluation out of fear only puts off effective treatment or possible reassurance that the memory loss is due to something other than dementia. It's important to know that medication is now available that may help slow the progression of dementia.



### CONSULT YOUR PHYSICIAN

Consult a family physician who is close to the patient. A family physician can provide a familiar setting to conduct an initial evaluation, which may or may not result in a referral to a neurologist.



### TESTING CAN PROVIDE ANSWERS

Today's diagnostic tools, such as brain imaging, can help neurologists accurately diagnose what is causing memory loss. Such a targeted diagnosis can provide effective treatments and reassure families of the real cause.



### MEMORY LOSS ISN'T ALWAYS PERMANENT

Do not assume memory loss means dementia. There are many times when memory loss is due to a cause that may be reversed.

For more information on dementia, visit [PremierHealth.com/yourhealth](https://PremierHealth.com/yourhealth).

SOURCE: National Alzheimer's Association (NAA); National Institute on Aging (NIA)