

Risk Factor – Feeling Forgetful or Having Trouble Remembering Things

- Memory often changes as you grow older. Memory loss that disrupts daily life is not a typical part of aging. It may be a symptom of dementia.
- People with dementia have problems with memory, judgment and thinking causing problems with work and day-to-day activities. Changes in mood, personality and behavior may occur.
- Common signs are: memory loss, confusion with time or place, poor judgment, misplacing things, and difficulty speaking, following directions or less willing to be with others.
- The most common form of dementia is Alzheimer’s disease. This is a fatal disorder that results in the loss of brain cells and function.
- Over 5.3 million people in the United States have Alzheimer’s Disease.

KEY TIP: Use the local [Alzheimer’s Association](#) to learn more and get help.

Other Tips