

FORGETFULNESS:

Normal or Not?

Many people can become more forgetful as they age.

How can you tell the difference between

mild forgetfulness



serious memory problems

like Alzheimer's disease?

See what's typical and what's not:

NORMAL AGING

- ▶ Making a bad decision once in a while
- ▶ Missing a monthly payment
- ▶ Forgetting which day it is and remembering later
- ▶ Sometimes forgetting which word to use
- ▶ Losing things from time to time

ALZHEIMER'S DISEASE

- ▶ Making poor judgments and decisions a lot of the time
- ▶ Problems taking care of monthly bills
- ▶ Losing track of the date or time of year
- ▶ Trouble having a conversation
- ▶ Misplacing things often and being unable to find them



Although some forgetfulness comes with age, don't ignore changes in memory or thinking that concern you.

Talk with your doctor if you notice you have more serious memory problems than normal.

