KNOW THE 10 WARNING SIGNS OF ALZHEIMER'S DISEASE

1. MEMORY LOSS THAT AFFECTS DAY-TO-DAY ABILITIES
   Forgetting things often or struggling to retain new information.

2. DIFFICULTY PERFORMING FAMILIAR TASKS
   Forgetting how to do something you've been doing your whole life, such as preparing a meal or getting dressed.

3. PROBLEMS WITH LANGUAGE
   Forgetting words or substituting words that don't fit the context.

4. DISORIENTATION IN TIME AND SPACE
   Not knowing what day of the week it is or getting lost in a familiar place.

5. IMPAIRED JUDGMENT
   Not recognizing a medical problem that needs attention or wearing light clothing on a cold day.

6. PROBLEMS WITH ABSTRACT THINKING
   Having difficulty balancing a chequebook, for example, or not understanding what numbers are and how they are used.

7. MISPLACING THINGS
   Putting things in strange places, like a dress in the refrigerator or a wristwatch in the sugar bowl.

8. CHANGES IN MOOD AND BEHAVIOUR
   Exhibiting severe mood swings from being easy-going to quick-tempered.

9. CHANGES IN PERSONALITY
   Behaving out of character, such as becoming confused, suspicious, or fearful.

10. LOSS OF INITIATIVE
    Losing interest in friends, family and favourite activities.

For more information, contact the Alzheimer Society at www.alzheimerbc.org

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