

Is it Alzheimer's?



Alzheimer's is not a normal part of aging; it's a disease. Yet sometimes it can be a bit tough to tell the difference between common lapses and possible signs of Alzheimer's. See if you know the difference.¹

Is this a normal slip-up or possible sign of Alzheimer's?	Possible Alzheimer's symptom	Normal slip-up
1. Forgetting someone's name for a moment but remembering it later on		
2. Forgetting where you are and how you got there		
3. Forgetting what your checkbook is for		
4. Losing your glasses in the house but finding them by retracing your steps		
5. Taking an extra few seconds to find the right word		
6. Using words in conversation that make no sense at all		
7. Forgetting what season it is		
8. Asking a question over and over without realizing you're repeating yourself		
9. Asking your kids to remind you how to record a TV show		
10. Getting lost in your own neighborhood		

Generally, signs of Alzheimer's include things like becoming disoriented and losing language, reasoning, cognitive and memory skills. So examples 2,3,6,7, 8 and 10 could be signs of Alzheimer's. The other examples, 1,4,5 and 9 are more likely common slip-ups.

Learn more about Alzheimer's at the [National Alzheimer's Association website](#).

¹Alzheimer's and dementia. Alzheimer's Association. Accessed May 2019.

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