











# Signs of Alzheimer's Guide

Memory loss or cognitive decline disrupting daily life could signal Alzheimer's or another dementia. If you notice these symptoms, see your Primary Care Provider (PCP).

**KEY SIGNS**

 <b>Frequent memory loss affecting daily life.</b>	 <b>Trouble with familiar tasks (e.g., getting lost in known areas).</b>	 <b>Confusion about time, place, or surroundings.</b>	
 <b>Difficulty following or starting conversations.</b>	 <b>Poor judgment affecting well-being.</b>	 <b>Trouble with numbers or abstract thinking.</b>	 <b>Misplacing items in unusual places.</b>
 <b>Sudden mood or personality changes.</b>	 <b>Loss of interest in usual activities.</b>	 <b>Vision problems impacting balance, reading, or depth perception.</b>	

## I RECOGNIZE ONE OR MORE OF THESE SYMPTOMS. WHAT'S NEXT?

Don't self-diagnose. Many conditions besides Alzheimer's can cause memory loss, and an accurate diagnosis is essential for proper treatment. The best first step is to see your primary care provider (PCP) as soon as possible to discuss your symptoms.

Your PCP may refer you to Georgia Memory Net, which offers accurate and accelerated diagnosis for Alzheimer's and related dementias at its clinics and via telemedicine. They can also connect you with community support.

**Learn more about getting a referral to GMN at [GaMemoryNet.org](http://GaMemoryNet.org).**

IN PARTNERSHIP WITH:



SOURCE:



Scan this code for referral information.

