

MEMORY LOSS 101

Here's the need-to-know basics of memory loss and dementia. For more detailed information and resources, contact the Alzheimer's Association (see reverse for contact details)

DEFINING THE ISSUES

Let's take a look at some of the most common terms used when talking about memory issues.

Memory Loss

- Being unable to remember previously learned information and experiences.
- Being unable to retain new information or make new memories

Dementia

- A collection of symptoms that are the result of a brain disease or physical conditions such as an infection or stroke.
- Memory loss is a very common symptom of dementia. Others include changes in behavior and personality, and reduced problem-solving skills.

Alzheimer's Disease

- Alzheimer's is the most common cause of dementia.
- Alzheimer's disease causes physical changes to the brain.

COMMON TYPES OF DEMENTIA

ALZHEIMER'S DISEASE

Alzheimer's is the most common type of dementia. It is caused by a buildup of proteins in the brain. This causes problems with thinking and memory. Alzheimer's is a degenerative disease meaning it gets worse over time.

MILD COGNITIVE IMPAIRMENT

People with mild cognitive impairment (MCI) have problems with memory, language, thinking or judgement that are greater than the cognitive changes associated with normal aging. MCI may or may not develop into Alzheimer's or other dementias

VASCULAR DEMENTIA

A Vascular Dementia happens when the blood supply to the brain is blocked or damaged. The brain cells are deprived of oxygen and die.

FRONTOTEMPORAL DEMENTIA

Sometimes also referred to as Pick's Disease and Primary Progressive Aphasia, Frontotemporal often affects younger people. This dementia is caused by damage to the frontal and temporal lobes of the brain which control personality and behavior.

LEWY BODY DEMENTIA

Lewy Body Dementia impacts the parts of the brain that involve thinking and movement. Symptoms can include those of Parkinson's Disease - muscle stiffness and shaking.

COMMON SYMPTOMS OF DEMENTIA

- Lapses in memory that impact daily life.
- Reduced problem solving and decision making abilities.
- Problems with familiar tasks or routines
- Confusion

5.8
million

American are living with
Alzheimer's Dementia