

June: Alzheimer's and Brain Health Awareness Month

June is Alzheimer's and Brain Health Awareness month. Alzheimer's disease is a degenerative brain disease and the most common form of dementia. Dementia is not a specific disease. It's an overall term that describes a group of symptoms. Scientists are still to find the cause of Alzheimer's disease. It has been uncovered that age is the best known risk factor. Researchers also believe that genetics and family history could play a part in developing the disease, as well.

With that being said, it is important to highlight the warning signs of Alzheimer's so that it can be identified early. Early signs and symptoms of Alzheimer's are:

- memory loss that disrupts daily life, such as getting lost in a familiar place or repeating questions
- trouble handling money and paying bills
- difficulty completing familiar tasks at home
- work, or at leisure
- decreased or poor judgement
- misplacing things and being unable to retrace steps to find them and changes in mood personality of behavior
- challenges in planning or solving problems

- confusion with time or place, trouble understanding visual images and spatial relationships, new problems with words in speaking or writing and withdraw from work or social activities.”

If it is suspected that you or a loved one may be experiencing signs of Alzheimer’s, going to see your doctor can help determine if they are truly Alzheimer’s symptoms, or if they are stemming from a different issue. The Alzheimer’s Association recommends making an appointment if one or more signs are noticed in yourself or another person.

For more information, please visit https://www.alz.org/alzheimers-dementia/10_signs. Here, one can find many great resources such as: doctor’s appointment checklist, 10 warning signs worksheet, free online course to learn how to detect early signs of Alzheimer’s, 10 steps to approach memory concerns and why it is important to get checked.