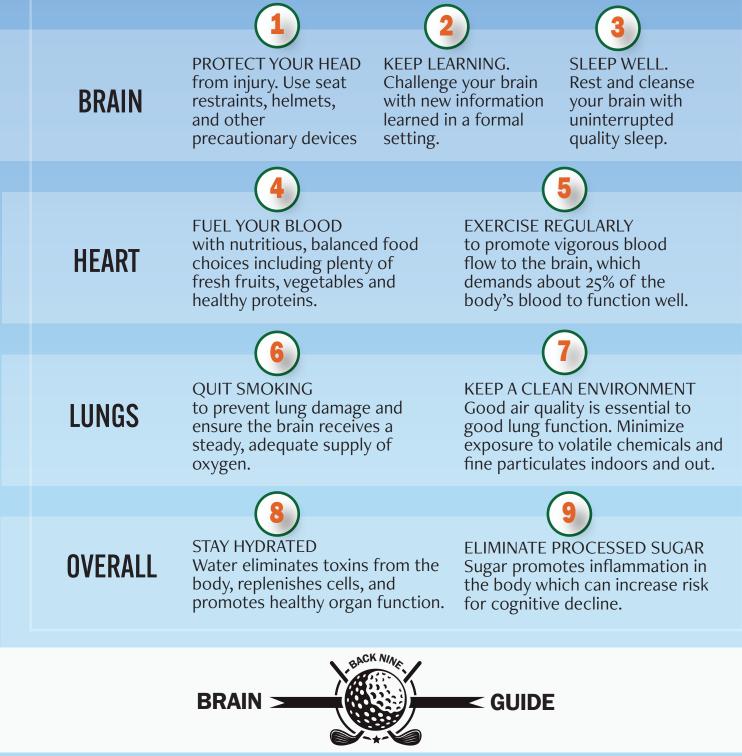


## **Lowering Your Risk for Cognitive Impairment**

## **9 THINGS TO THINK ABOUT**

Not all risk factors for dementia are in our control. But research shows certain modifiable behaviors can positively impact our chances of developing dementia. Here are some ideas.



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BRAIN >



## **Possible Red Flags to Cognitive Changes**

No two people age identically, not even identical twins. Cognitive changes are natural when we age. What should we expect?

Some forgetfulness is to be expected. Some difficulty finding a word or a name is normal. And some slow down in productivity, even in familiar routines, is also to be expected. But some brain changes are also signals of cognitive decline that may lead to dementiarelated impairment.

The changes below may be signs of normal aging OR red flags of more profound cognitive change. These changes can appear in any order, may or may not be apparent in any particular person, and are not all-inclusive.

## IF YOU SEE A RED FLAG, IS IT NORMAL AGING OR SOMETHING MORE SERIOUS?

Ask your self whether...



the behavior is different from before, for that person?



the person is unable to recover from the "lapse"?



the frequency of this issue is interrupting daily life?

If any of these are true, it's time to do some research. Some of these signs could indicate a treatable condition, rather than dementia.

