Hawai'i Dementia Initiative

Normal Aging vs. Serious Memory Problems

EOA | EXECUTIVE OFFICE ON AGING

NORMAL AGING	SERIOUS MEMORY PROBLEMS
Making a bad decision once in a while	Making poor judgments and decisions a lot of the time
Missing a monthly payment	Problems taking care of monthly bills
Forgetting which day it is but remembering later	Losing track of the date or time of the year
Sometimes forgetting which word to use	Trouble having a conversation
Misplacing things from time to time and retracing steps to find them	Misplacing things and losing the ability to retrace steps

Memory changes can happen for many reasons—stress, medications, dementia or other health issues. Ask your healthcare provider for a cognitive screening and health evaluation. Early detection is key.
Know sooner, Live better.

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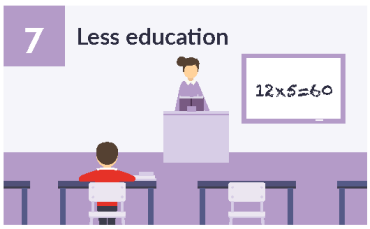
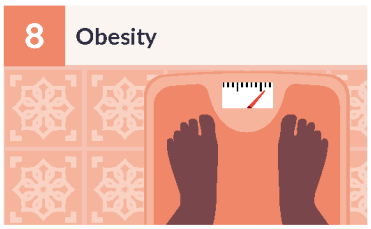
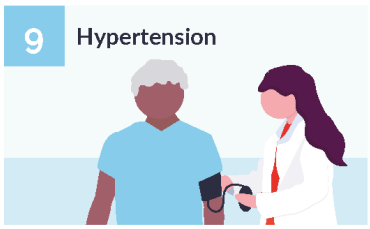
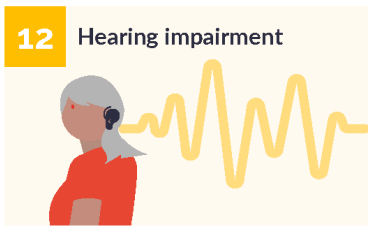
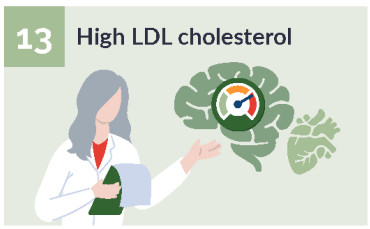
14 dementia risk factors

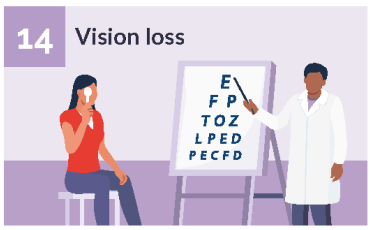












Source: *Dementia prevention, intervention, and care: 2024 report of the Lancet standing Commission, Livingston, Gill et al. The Lancet, Volume 404, Issue 10452, 572–628*

www.alzint.org

Alzheimer's Disease International
The global voice on dementia

What are other causes for memory and thinking problems?

There are many different types of dementia, including Alzheimer's disease. However, there are other causes for memory issues that are treatable or even reversible. Health care providers often check for conditions such as:

- **Depression**
- **Hearing problems**
- **Delirium or sudden confusion**
- **Vitamin B12 deficiency**
- **Infections (e.g. urinary tract infections)**
- **Uncontrolled chronic illnesses**
- **Alcohol misuse or overdose**
- **Chronic stress or life-altering events**
- **Transient ischemic attacks (TIAs)**
- **Strokes**
- **Other cardiovascular diseases**
- **Medication side effects**
- **HIV**
- **Syphilis**
- **Hypothyroidism**

The brain and body work closely together, so changes in overall health can impact how the brain functions. Once other causes are ruled out, your health care provider may continue with a full evaluation for cognitive impairment. Today, there are better ways to diagnose Alzheimer's disease and new treatments that can help in the early stages.

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