

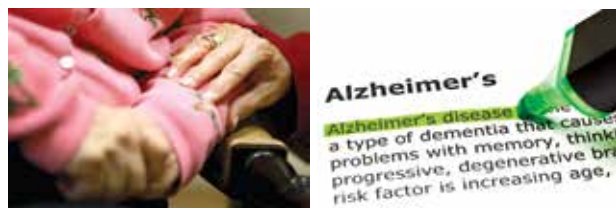
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# Is It Just Old Age or Is It Alzheimer's disease?

by Pensiri Panyarachun, Absolute Living Thailand

How do you know if it is Alzheimer's disease? As people get older it's common for them to forget things. Elderly can often result in memory loss, whereas Alzheimer's disease can cause loss of cognition, which includes things like memory, understanding, communication, and reasoning. Alzheimer's disease is the most common cause of dementia among older people. Dementia affects one in 14 people over the age of 65 and one in six over the age of 80. So far, no one single factor has been identified as a cause for Alzheimer's disease. It is likely that a combination of factors, including age, genetic inheritance, environmental factors, lifestyle and overall general health, are responsible.



Here is a checklist of common symptoms to help recognize the warning signs of Alzheimer's disease:

## 15 Early Signs and Symptoms of Alzheimer's

### 1. Always in bad mood and irritable:

A person with Alzheimer's disease may feel upset with normal things that happen in day-to-day living. They may feel sad with normal conversation with family members.



**2. Memory loss that disrupts daily life:** Memory loss is a basic symptom of Alzheimer's. They may forget recently learned information or forget important dates or events. They may ask for the same information over and over.

**3. Misplacing things and losing the ability to retrace steps:** A person with Alzheimer's disease loses things and is unable to go back over their steps to find them again. They may put things in unusual places. Sometimes, they may accuse others of stealing.

**4. Leave home with no aim or destination:** A person with Alzheimer's may walk out of home with a purpose but suddenly lose their memory. They may find themselves standing in the middle of nowhere. It will be very dangerous if they have no contact devices with them.



**5. Poor judgment:** A person with Alzheimer's may experience changes in judgment or decision-making. They may have problems in calculation when buying things. Sometimes, they may pay less or over than the cost of things and confuse to calculate the change.

**6. Confusion with time or place:** People with Alzheimer's can lose track of dates, times, seasons and the passage of time. Sometimes they may forget where they are or how they got there.

**7. Difficulty completing familiar tasks:** People with Alzheimer's often find it hard to do daily tasks. For example, they may have trouble cooking, ironing or driving to a familiar location.

**8. Self-care less:** Some people with Alzheimer's may forget to do routine things such as taking shower, shampooing or changing clothes. They may wear the same clothes for 2-3 days without notice.

**9. Changes in mood and personality:** A person with Alzheimer's can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, with friends or in places where they are out of their comfort zone.

**10. Withdrawal from work or social activities:** A person with Alzheimer's may remove themselves from friends, hobbies or social activities. They may have trouble remembering how to complete a favorite hobby or play favorite sport.

**11. Problems with words in speaking and writing:** A person with Alzheimer's may have trouble following or joining a conversation. They may struggle with vocabulary; have problems finding the right word or call things by the wrong name. They



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may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves.

**12. Repeating the same activity:** They may do the same things again and again during the day. For example, they may start eating after they just finish the meals 30 minutes ago.

**13. Trouble understanding visual images:** Some people with Alzheimer's may have difficulty in reading and judging distance or determining color or contrast.

**14. Challenges in planning or solving problems:** They may have trouble following a familiar recipe or keeping track of bills. They may have difficulty concentrating and take much longer to do things than they did before.

**15. Sleep disorder and sleeping problem:** Some Alzheimer's may have problems getting to sleep at night. They often have problems with sleeping or may experience changes in their sleep schedule.



While there are some common symptoms of Alzheimer's disease, it is important to remember that everyone is unique. Every person affected by the diseases is likely to experience it differently. So, people with Alzheimer's will need more support from those who care for them. Eventually, they will need help with all their daily activities.

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