

# Dementia

Forgetfulness is never a good feeling. And when it persists or progresses to something more than just misplacing keys, **it's worth checking out.**

## Early symptoms of dementia:

- issues with **following directions**; struggling to understand/remember steps
- trouble with reading, writing, or **understanding words and language**
- forgetting **names, past events, or things you just learned**
- trouble **putting your thoughts together** or expressing them out loud
- losing interest in things
- **changes in mood**, behavior, or personality
- **feeling disoriented** about times, dates, and locations
- pacing, finger tapping, or other **repetitive/fidgeting movements**
- **sleep disturbances** trouble falling/staying asleep or sleeping odd times

## Keys to prevention

Is there anything you can do to prevent dementia or delay its progression? **Yes and yes!**

- ✦ Stay physically **active and eating healthy**
- ✦ **Manage hearing loss issues**
- ✦ Limit or **eliminate alcohol intake and tobacco use**
- ✦ **Regulate diabetes or high blood pressure** through diet, exercise, prescribed medications, & maintaining a healthy weight
- ✦ **Stay connected to friends & family** to avoid social isolation/depression
- ✦ Keep your mind busy & active with **puzzles, reading, & word games**