

## When Should I Go To The Doctor?

You should visit your doctor if you are experiencing changes to your memory, mood or ability to manage everyday life and especially if you:

- Feel your memory has changed significantly or rapidly
- Forget the names of friends or everyday objects regularly
- Find it hard to follow conversations or television programmes
- Notice that you regularly repeat yourself or lose your train of thought when speaking
- Find managing money or everyday tasks increasingly difficult
- Find it hard to remember things you have seen, read or heard
- Feel anxious, angry or frustrated by the changes you are experiencing.

The Alzheimer Society of Ireland publishes a number of useful guides and leaflets. To get your copy of **Practical Tips on Coping with Memory Loss**, or to find out more about the early signs and symptoms of Alzheimer's disease and dementia you can:

**+** Visit your GP

**☎** Call 1800 341 341

**🌐** Log on to [www.alzheimer.ie](http://www.alzheimer.ie)

### The Alzheimer Society of Ireland

National Office, Temple Road  
Blackrock, Co Dublin

**Tel:** 01 207 3800

**Fax:** 01 210 3772

**Email:** [helpline@alzheimer.ie](mailto:helpline@alzheimer.ie)



THE ALZHEIMER  
SOCIETY of IRELAND

# Don't just worry about memory loss. Do something about it.



early diagnosis matters



## Worried About Your Memory?

Everyone can be forgetful and struggle to put a name to a face or remember where the car is parked. But if you or a loved one are experiencing changes in memory that are causing concern, it is important to do something about it.

There are many reasons for forgetfulness and confusion, apart from dementia.

### What can cause memory problems?

Possible reasons for memory loss and confusion include:

- Anxiety and stress, particularly following a bereavement
- Depression
- An infection such as a chest or bladder infection
- Thyroid disorders
- Vitamin deficiency
- Side effects of some medications
- Long term overuse of alcohol
- Conditions such as mild cognitive impairment or a stroke
- Dementia, such as Alzheimer's disease.

## What Can You Do?

If you are worried, do something about it. The earlier you seek help the better.

### Visit Your GP

Your doctor will talk to you about your concerns and arrange to look into possible reasons for the changes you are experiencing.

### Call 1800 341 341

Call the **Alzheimer National Helpline** and talk in confidence to someone who understands. Get practical information about memory loss, the early signs of Alzheimer's disease and dementia as well as information about how a diagnosis is made.

**Freephone 1800 341 341**  
**Monday to Friday, 10am to 4pm.**

### Log on to [www.alzheimer.ie](http://www.alzheimer.ie)

The website has a range of resources for people who are worried about their memory, including a memory checklist and tips on living with memory loss.

## Visiting Your Doctor

Before you visit your doctor, make a note of the changes you have noticed and some examples of the things that are causing you to worry. Keep a diary to help you.

The doctor will review your medical history and may begin a number of tests. They may refer you to a specialist for further tests.

### Early Diagnosis Matters

Getting an early diagnosis means you can:

- Access appropriate treatments, services and supports
- Plan your legal and financial affairs
- Make decisions about your future care.



**early diagnosis matters**

