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;
- regularly forget the names of friends or everyday objects;
- 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; or
- feel anxious, angry or frustrated by the changes you are experiencing.

Plain English Approved by NALA

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 doctor

Call 1800 341 341

Log on to www.alzheimer.ie

THE Alzheimer SOCIETY OF IRELAND

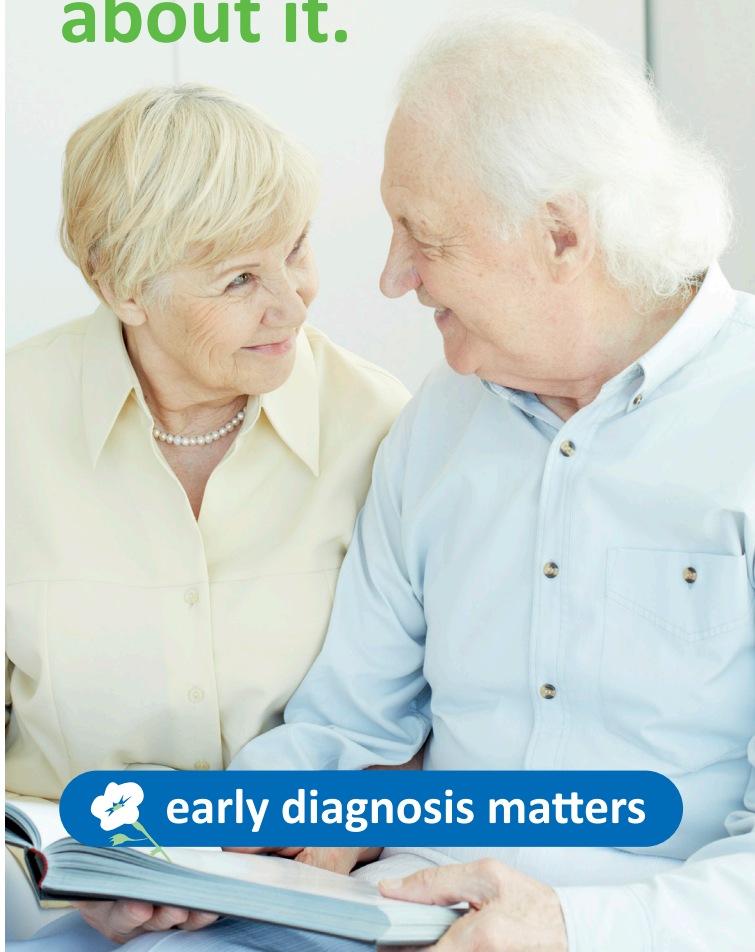
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Don't just worry about memory loss.

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 your memory, or the memory of a loved one is changing in a way that concerns you, it is important that you 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**; and
- **dementia,** such as Alzheimer's disease.

What can you do?

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

Visit your doctor

Tell your doctor why you are worried and they will talk to you about your concerns. Your doctor will 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. They will give you practical information about:

- memory loss;
- the early signs of Alzheimer's disease and dementia; and
- how a diagnosis is made.

Freephone 1800 341 341
Monday to Friday 10am to 5pm
Saturday 10am to 4pm

Log on to www.alzheimer.ie

This website has a range of resources for people who are worried about their memory. These include 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; and
- make decisions about your future care.

