

10 Early Signs of Dementia

Everyone experiences some memory loss as they age, but when it starts to disrupt daily life, it could be an early sign of dementia or Alzheimer's disease. If you or your loved one experiences any of the below 10 symptoms, consult your doctor.



Difficulty remembering recently-learned information



Frequently misplacing things and forgetting where you put them



Increasingly poor judgment and decision-making, such as overspending



Difficulty concentrating, especially when working with numbers



Confusion with dates and time



Vision changes, leading to difficulty balancing and reading



Difficulty with language, such as finding the right words to use in conversations



Withdrawal from friends and hobbies



Changes in personality, including increased irritability



Unable to remember directions to familiar locations or confused about where you are