10 Warning Signs of AD:

1. Memory loss that disrupts daily life
2. Challenges in planning or solving problems
3. Difficulty completing familiar tasks at home, at work or at leisure
4. Confusion with time or place
5. Trouble understanding visual images and spatial relationships
6. New problems with words in speaking or writing
7. Misplacing things and losing the ability to retrace steps
8. Decreased or poor judgment
9. Withdrawal from work or social activities
10. Changes in mood and personality

If you would like more information about participating in our studies, please call:

(617) 278-0383
Abnormal memory loss can be related to a variety of brain diseases. The most common cause of memory loss in older adulthood is Alzheimer disease (AD), the sixth leading cause of death in the United States.

Many older adults complain of memory lapses, such as temporarily misplacing eyeglasses, but continue to live independently without needing help from others. This is normal aging and not AD. By contrast, a person with AD has consistent short-term memory loss, which can include repeated questions and thinking problems that interfere with carrying out usual activities such as shopping, cooking, or driving.

AD is marked by gradual but certain worsening of memory and thinking.

Symptoms may include:

- Poor decision-making in activities such as household finances and driving
- Language difficulties such as inability to come up with names or words
- Emotional distress, including irritability, anxiety, or depression

And, exercise your brain!
- Challenge yourself with new activities such as riddles or puzzles
- Learn something new or begin a hobby
- Engage in social activities with friends, family, your faith community, or other special interest groups
- Stay well rested. Going to bed and rising at the same times each day helps your brain’s internal clock establish a healthy pattern

What if I am Concerned About Myself or a Loved one?

Like other diseases, early detection of AD can lead to faster support and treatment to address symptoms; and better support for you and your loved ones. It is important to see a doctor soon when any symptoms appear. Many people begin with a visit to their primary care physician, who may suggest a visit to a specialist, such as a neurologist, geriatrician, or neuropsychologist. These specialists are trained to diagnose and treat older adults with changes in brain health.

Help Us to Prevent and treat Alzheimer’s Disease and Find a Cure Here in Boston

We have several studies available and provide transportation, as needed. As a specialized research center funded by the United States Department of Health and Human Services, the Massachusetts Alzheimer’s...