



Mild Cognitive Impairment

What is Mild Cognitive Impairment (MCI)?

Mild Cognitive Impairment (MCI) is a condition where a person has more memory and thinking problems than others their age, but they can still carry out many everyday activities without assistance.

What are the signs and symptoms of MCI?

People with mild cognitive impairment may be aware of a decline in memory or mental function. Their family members and close friends may also notice a change. Symptoms of MCI may include:

- Increased tendency to misplace things
- Forgetting to attend appointments and events
- Feeling overwhelmed by making decisions and following directions
- Beginning to have difficulty navigating in familiar places
- Showing an increase in poor judgement and impulsivity
- Having more trouble finding words than other people of the same age
- People with MCI may also experience new onset depression, anxiety, apathy, aggression or irritability

What are the risk factors of MCI?

- Age is the biggest risk factor for developing MCI
- Certain medical conditions can lead to MCI including, high blood pressure, high cholesterol, diabetes, stroke and heart problems

A person with MCI is at increased risk for developing Alzheimer's disease. However, MCI does not always lead to Alzheimer's disease or a related dementia.

To learn about research opportunities for people with a diagnosis of MCI,
visit: madrc.org/join-a-study/