**The 10 Warning Signs of Alzheimer’s Disease and African-Americans**

Your memory often changes as you grow older. But memory loss that disrupts daily life is not a typical part of aging. It may be a symptom of dementia, which is a slow decline in memory, thinking and reasoning skills. Alzheimer’s is the most common form of dementia.

Risk factors for vascular disease (problems with blood circulation) — like diabetes, high blood pressure and high cholesterol — may also be risk factors for Alzheimer’s and stroke-related dementia. Because African-Americans are more likely to have vascular disease, they may also be at greater risk for developing Alzheimer’s.

Early detection is important so that individuals and families can seek possible treatments that may provide relief from symptoms, allow more time to plan for the future and provide an opportunity to participate in clinical research. [alz.org/trialmatch]

To help identify problems early, the Alzheimer’s Association created a list of warning signs for Alzheimer’s and other dementias. Individuals may experience one or more of these in different degrees.

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 or 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 or someone you care about is experiencing any of the above, please see a doctor to find the cause. Learn more at **alz.org/10signs**.