

CONCERNED ABOUT YOUR MEMORY LOSS?

Talk to your doctor

It's normal to feel worried about changes in your memory and thinking. If you're concerned and not sure what to do, talking to your doctor may help remove some uncertainty. You can use the guide below to help start a useful conversation with your doctor.

Step 1: Know your symptoms

Write down any changes in memory, thinking, or behavior you are experiencing—especially if it's out of the ordinary or getting worse over time. Some examples of changes to discuss are:



Memory lapses



Judgment or decision-making difficulties



Trouble with familiar tasks



Behavior or mood changes

Make a note of what you are experiencing. Then, consider asking a loved one if they've noticed it too. If they have, write down what they say so that you can tell your doctor. You may also want to check out [ItsTimeWeKnow.com](https://www.itstimewewknow.com) for more information on MCI due to Alzheimer's.

Step 2: Plan your visit with your doctor

Be prepared to share your symptoms with your doctor so that they understand your concerns. Consider bringing a loved one with you who can describe the symptoms they've seen as well. At the appointment with your doctor, ask about possible causes of your symptoms and cognitive testing so that you know your next steps. Questions that may help:

- “What is mild cognitive impairment due to Alzheimer’s?”
- “What is Alzheimer’s?”
- “How do I know if I have mild cognitive impairment and not something else?”
- “Do you think I need cognitive screening? If so, do I need to see a specialist for that?”



A specialist is usually a neurologist or geriatrician who’s an expert in brain health and cognitive conditions. Sometimes, you might need to be referred to a specialist by your doctor.

Step 3: Get support

Often, others notice symptoms that you don’t, so you may find it helpful to bring a friend or family member to your doctor’s appointment. When talking to a loved one and asking for support, pick a time and place where you both feel comfortable. Consider starting with:

- “I haven’t been feeling like myself lately. Have you seen that as well?”
- “I’ve noticed that I keep forgetting things. Have you noticed that, too?”
- “It seems like I am struggling to find the right words sometimes. Have you seen this or anything else concerning?”
- “I think it would give me peace of mind to see a doctor and find out what’s going on. Would you be willing to come with me?”



Your friend or loved one may mistake things like your memory slips for normal aging. However, your concerns are important—so try talking to that person again or speaking with someone else you trust. Remember, the best person to talk to about any cognitive concerns is your doctor.

Questions about mild cognitive impairment (MCI) and Alzheimer’s?
Call the **Alzheimer’s Learning Line**, offered by Biogen.
Remember, your doctor is always your best source of information.

833-LRN-LINE (833-576-5463)
Learn more at [ItsTimeWeKnow.com](https://www.ItsTimeWeKnow.com)