

IT'S TIME WE KNOW

THE SYMPTOMS OF MILD COGNITIVE IMPAIRMENT DUE TO ALZHEIMER'S

Because the symptoms of mild cognitive impairment (MCI) due to Alzheimer's can be mistaken for normal aging, they can be difficult to notice. However, it's important that you talk to your doctor if you think you're experiencing any of the symptoms below so that you can catch the condition early.

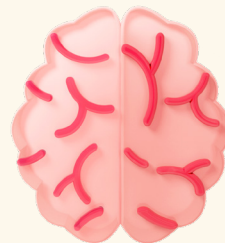


Judgment or decision-making difficulties

- Feeling more overwhelmed than usual when making decisions
- Finding it more difficult to plan steps or accomplish tasks
- Having increasing difficulty understanding instructions

Memory lapses

- Forgetting things more often, such as names or important appointments
- Losing your train of thought, repeating questions, or struggling to find the right words
- Saying the same thing over and over, or asking the same question multiple times





Behavior or mood changes

- Feeling increasingly depressed
- Becoming irritable or impulsive when normally you wouldn't
- Having anxiety or mood changes that aren't typical for you

Trouble with familiar tasks

- Difficulty with tasks that are normally simple, like making coffee or washing dishes
- Having trouble finding your way to or around familiar places
- Unusual trouble performing simple actions like using your cell phone



If you, or someone close to you, think you might be experiencing any of these symptoms, talk to your doctor and ask about cognitive screening.

If you're not sure what to say to your doctor, visit [ItsTimeWeKnow.com](https://www.itstime.com) where you'll find resources and information to help you stay informed about MCI due to Alzheimer's.

Questions about mild cognitive impairment (MCI) and Alzheimer's?

The Alzheimer's Learning Line offered by Biogen can provide educational resources, as well as information for people with memory loss concerns and their loved ones on topics like: symptoms, how to get diagnosed, and what to ask your doctor.

**833-LRN-LINE
(833-576-5463)**

**Monday – Friday
8:30 AM – 5:00 PM ET**

Remember, your doctor is always your best source of information.

It's time we faced MCI due to Alzheimer's together.