

# FORGETFULNESS

## Normal or Not?

Many people can become more forgetful as they age.

How can you tell the difference between

**mild  
forgetfulness**



**serious  
memory problems**



like Alzheimer's disease?

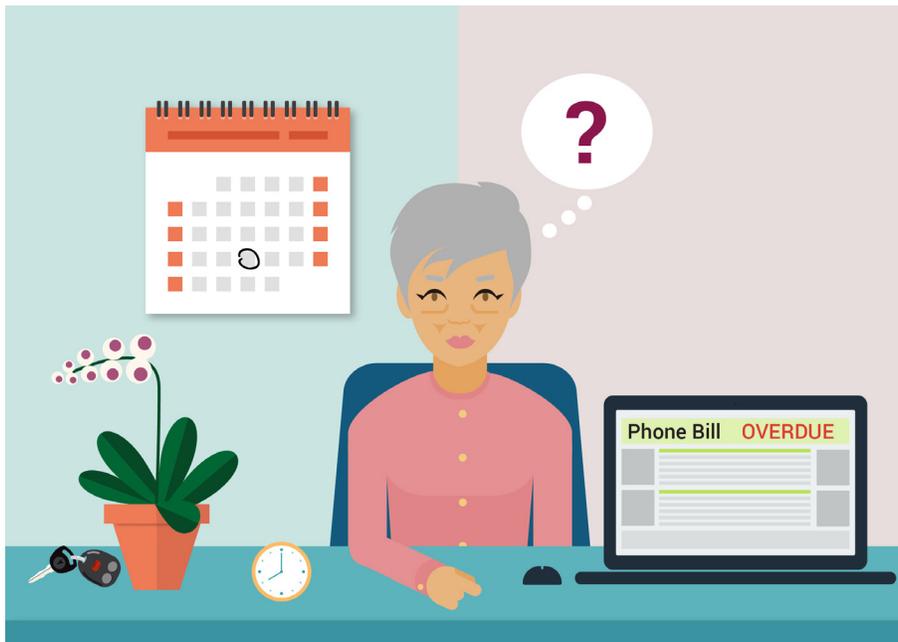
## See what's typical and what's not:

### NORMAL AGING

- Making a bad decision once in a while
- Missing a monthly payment
- Forgetting which day it is and remembering later
- Sometimes forgetting which word to use
- Losing things from time to time

### ALZHEIMER'S DISEASE

- Making poor judgments and decisions a lot of the time
- Problems taking care of monthly bills
- Losing track of the date or time of year
- Trouble having a conversation
- Misplacing things often and being unable to find them



**Although some forgetfulness comes with age, don't ignore changes in memory or thinking that concern you.**

**Talk with your doctor** if you notice you have more serious memory problems than normal.



Visit [www.nia.nih.gov/understanding-memory-loss](http://www.nia.nih.gov/understanding-memory-loss) for more information about forgetfulness and memory loss.

