



Memory Issues Could Be Alzheimer's. Don't Wait to See a Doctor.

Are you concerned about changes in memory in yourself or a loved one? Don't wait to talk to your doctor about getting a cognitive screening test.

A cognitive screening is a quick memory test. People 65 or older should have one as part of their annual wellness visit. That will help your doctor know whether you have normal age-related memory changes or if further tests are needed to look for Alzheimer's disease or another form of dementia.

If you or a loved one have any of these symptoms, contact your doctor:

- Memory loss that disrupts daily life
- Challenges planning or solving problems
- Difficulty completing familiar tasks
- Confusion with time or place
- Trouble understanding visual images and spatial relationships
- New problems with words in speaking or writing
- Misplacing things and losing the ability to retrace steps
- Decreased or poor judgment
- Withdrawal from work or social activities
- Changes in mood or personality

The sooner you see a doctor, the sooner you can get support and discover next steps in your care.

For more information visit dshs.texas.gov/alzheimers.



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