

10 THINGS

EVERY WOMAN SHOULD WATCH FOR AS SHE AGES

As women age, we may begin to notice changes in how our brains function, often as early as our 40's and 50's. However, there are signs to watch for that may warrant a conversation with your doctor. If you experience several of these changes at once, it could indicate mild cognitive impairment (MCI), which affects 15-20% of individuals over the age of 65.

	Typical aging may look like:	Talk to your doctor if:
1. Language trouble.	Occasionally needing to pause to find the words you're searching for.	You are reluctant to talk with friends because coming up with the words is challenging.
2. Misplacing items.	At times misplacing items like your keys, glasses or a book.	You begin to misplace items with increasing frequency.
3. Short-term memory loss.	Forgetting you had an appointment, but then remembering it later.	You forget going to your appointments or having specific conversations.
4. Forgetfulness.	Struggling to remember the name of someone you just met.	You forget the names of close friends and/or family members.
5. Personality changes.	Becoming irritable or anxious if your routine is interrupted; wanting to be less social.	You start having unwarranted emotional outbursts.
6. Changes in reasoning.	You're a little slower at processing information when making decisions.	You notice you have a hard time making decisions or problem solving.
7. Challenges with daily tasks.	Occasionally forgetting to pay a bill or to take your medication.	Tasks like paying bills, driving, cleaning or shopping become a challenge to complete.
8. Attention span.	Walking into a room and forgetting why.	You lose focus easily, or are easily distracted.
9. Losing sense of time.	Forgetting what day of the week it is, but then remembering.	You struggle to remember what year it is, or start losing sense of the passage of time.
10. Challenges with planning, or problem-solving.	Forgetting to invite a certain friend or relative to a family gathering.	Planning a family gathering becomes confusing or overwhelming.

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For more resources and information about women's brain health, visit Women's Alzheimer's Movement at [womensalzheimersmovement.org](https://www.womensalzheimersmovement.org).

