

# 10 Things

## Every Woman Should Watch for As She Ages

As you get older, you may begin to notice changes in how your brain functions. This can happen as early as your 40s or 50s, and may be especially noticeable during perimenopause. Difficulties with memory can happen for many reasons, but certain symptoms may warrant a conversation with your doctor. Having several of these changes could indicate mild cognitive impairment (MCI), which affects 15% to 20% of individuals over 65.



### 1.

#### Language trouble

Typical aging may look like occasionally needing to pause to find the words you're searching for.

Talk to your doctor if others have difficult understanding what you are telling them, and/or you avoid others because of forgetting words.

### 2.

#### Misplacing items

Typical aging may look like at times misplacing items like your keys, glasses or a book.

Talk to your doctor if you begin to misplace items with increasing frequency.

### 3.

#### Short-term memory loss

Typical aging may look like forgetting you had an appointment, but then remembering it later.

Talk to your doctor if you forget going to your appointments or having had an entire conversation.

### 4.

#### Forgetfulness

Typical aging may look like struggling to remember the name of someone you just met.

Talk to your doctor if you forget the names of close friends and/or family members.

### 5.

#### Personality changes

Typical aging may look like becoming irritable or anxious if your routine is interrupted; wanting to be less social.

Talk to your doctor if you start having unwarranted emotional outbursts or others note inappropriate behavior.

### 6.

#### Changes in reasoning, planning, and problem solving

Typical aging may look like you're a little slower at processing information when making decisions, and/or you sometimes make careless mistakes.

Talk to your doctor if you avoid making decisions or are overwhelmed with simple problem solving. Planning a family gathering becomes confusing or overwhelming.

### 7.

#### Attention span

Typical aging may look like walking into a room and forgetting why.

Talk to your doctor if you are unable to complete typical projects.

### 8.

#### Losing sense of time

Typical aging may look like forgetting what day of the week it is, but then remembering.

Talk to your doctor if you struggle to remember what year it is or start losing sense of the passage of time.

### 9.

#### Technology

Typical aging may look like having more difficulty figuring out apps or computer programs after software upgrades.

Talk to your doctor if you are unable to use your phone or appliances at home, like the microwave.

### 10.

#### Challenges with daily tasks

Typical aging may look like occasionally forgetting to pay a bill or to take your medication.

Talk to your doctor if you need help with chores you previously did without problem, such as paying bills, driving, cleaning or shopping. You are forgetting to turn off the stove.



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