



# Is this *Normal Aging?*

Forget why you came into a room or what you were going to say. It's hard to plan or complete everyday tasks like cooking meals or placing a call.

Sometimes have trouble finding the right word. You forget simple words or use unusual words (that thing on the road instead of "car").

Occasionally lose track of what day of the week it is or where you are going. You get lost in your neighborhood or forget where you are or how you got there.

Sometimes make questionable decisions. You make inappropriate decisions like giving away large sums of money to strangers or wearing inappropriate clothing like a wool hat & scarf in summer.

Find it difficult to balance bank account or bills. You forget what numbers are and how they are used.

Once in a while forget where you put your keys or important papers. You put things away in strange places (the iron in the freezer).

Some days you feel moody or sad or not quite yourself. Notice dramatic personality changes. Become overly dependent, suspicious, or easily confused.

**See your physician if you or a loved one is experiencing any of these warning signs.**

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