

## **10 warning signs of alzheimer's disease**

- 1** Memory changes that disrupt daily life
- 2** Challenges in planning or solving problems
- 3** Difficulty completing familiar tasks
- 4** Confusion with time or place
- 5** Trouble understanding visual images and spatial relationships
- 6** New problems with words in speaking or writing
- 7** Misplacing things and losing the ability to retrace steps
- 8** Decreased or poor judgment
- 9** Withdrawal from work or social activities
- 10** Changes in mood and personality

**800.272.3900 (24/7)**

**713.314.1313**

**[www.alz.org/texas](http://www.alz.org/texas)**

## 5 ways to maintain your brain

### 1) Feed your brain

Eat less fat and more vegetables, especially leafy greens and those rich in antioxidants.

### 2) Work your body

Do what you can – like walking 30 minutes a day – to keep both body and mind active.

### 3) Jog your mind

Read, write, play games, learn new things, do crossword puzzles, sudoku, learn a new language, or play an instrument.

### 4) Connect with others

Be social, converse, volunteer, join a club, or take a class. Consider becoming a volunteer for the Alzheimer's Association.

### 5) Heads up! Protect your brain

Avoid unhealthy habits. Don't smoke, drink excessively, or abuse drugs. Take precautions against head injuries. Use your car seat belts; wear a helmet when cycling or in-line skating.

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