

# Alzheimer's and memory loss



**Alzheimer's  
Research  
UK**

**The Power  
to Defeat  
Dementia**



This introductory leaflet aims to help you understand about memory loss, Alzheimer's disease and other forms of dementia. You can also find out how to get more information.

It's for anyone who might be worried about their own or someone else's memory.

This booklet was updated in June 2015 and is due to be reviewed in June 2017. Please get in touch if you'd like a version with references or the information in a different format.

## What is Alzheimer's? What is dementia?

The word dementia is used to describe a group of symptoms – these include a decline in judgement and understanding, memory loss, confusion and mood changes.

Alzheimer's is a disease that causes dementia. In fact, it's the most common cause of dementia. Other diseases that cause dementia are vascular dementia, dementia with Lewy bodies and frontotemporal dementia. You can contact us for more information on these diseases.

In dementia, brain cells stop working properly. This happens inside specific areas of the brain, which can affect how you think, remember and communicate.

With dementia, memory loss is more serious than forgetting things occasionally. Symptoms gradually develop, and in the early stages people can find ways to cope with them so that problems are not always obvious to others straight away.

### Memory loss – what is normal?

Most of us forget things every day, like people's names or why we walked into a room, but this is not necessarily a sign of dementia.

Memory loss can have many causes, including getting older, stress, anxiety or depression. Some medicines have side effects that can cause memory loss. In some cases, memory loss might be a sign of dementia.

The symptoms below could be early signs of dementia if they are new, or getting worse. If you are worried about any of these symptoms, it's a good idea to talk to your GP who can help to investigate what may be causing them.



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Disorientation, especially away from your normal surroundings.

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Problems with everyday tasks, like forgetting how to prepare a meal or a cup of tea.

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Personality changes.

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Difficulty finding the right words or communicating.

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## Send me more information

For free information, simply complete this slip and drop it in a post box. Alternatively, phone us on **0300 111 5555**.

### I would like to know more about

Dementia: symptoms, diagnosis, causes, prevention and care

Treatments for dementia

The latest dementia research

Title

Name

Address

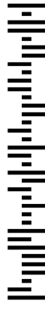
We would like to keep you informed about our research and our progress in defeating dementia. However, if you do not wish to receive any further communications from us, please tick here:



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**2**



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### Diagnosing dementia

Diagnosing dementia early is important; you will be able to get the right help, treatments and support and plan for the future. You may also be able to take part in research studies.

Your GP will ask about your medical history and may do a physical check-up.

You will be asked some questions about your memory. Some other tests, like scans or a blood test, may help the GP find the cause of any symptoms.

If your doctor suspects dementia, they may refer you to a memory clinic or a specialist for further tests. If you are diagnosed with dementia your doctor can advise you on the help, support and treatments available.



#### Find out more

If you have questions about dementia research or want to find out more about how to get involved in studies, contact our **Dementia Research Infoline** on **0300 111 5 111** or email **[infoline@alzheimersresearchuk.org](mailto:infoline@alzheimersresearchuk.org)**

The Infoline operates 9.00-5.00pm Monday to Friday. Calls cost no more than national rate calls to 01 or 02 numbers and should be included in any free call packages.

# We are the UK's leading research charity aiming to defeat dementia.

We welcome your comments to help us produce the best information for you. You can let us know what you think about this booklet by contacting us using the details below.



## Contact us

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## General enquiries

T: 0300 111 5555  
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## Dementia Research Infoline

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