

Colin and Anne's story

I encouraged Colin to visit his GP after he began having memory problems and he was given a diagnosis of Alzheimer's disease.

When it comes to being concerned about your memory, I don't think people should stick their heads in the sand, or be afraid to talk to their GP about it. Once people do get diagnosed, there is so much help and support available.

The early diagnosis prepared us for what was ahead and enabled us to access support. Alzheimer's Society gave us lots of advice on activities we could do together during those early stages which was a great comfort.



Forgetting where they put the car is one thing.

Not being able to remember whether it's blue, red, silver or white is another entirely.



**Dementia.
If you're worried,
see your doctor.**

What is dementia?

Dementia is not a single illness but a group of symptoms caused by damage to the brain. The symptoms include loss of memory, mood changes and confusion.

Dementia is caused by a number of diseases of the brain, the most common of which is Alzheimer's disease.

Vascular dementia is the second most common cause. High blood pressure, heart problems, high cholesterol and diabetes can increase the chances of developing vascular dementia so it's important that these conditions are identified and treated at the earliest opportunity.

For more information go to [nhs.uk/dementia](https://www.nhs.uk/dementia)



What signs should I look for?

The following signs could be the early symptoms of dementia:

- struggling to remember recent events, but easily recalling things that happened in the past
- struggling to follow conversations or programmes on TV
- forgetting the names of friends or everyday objects
- repeating things or losing the thread of what's being said
- having problems thinking or reasoning
- feeling anxious, depressed or angry about memory loss
- feeling confused even when in a familiar environment

If you're worried about someone, you must encourage them to see their doctor. The sooner they see their doctor the better, as spotting the signs of dementia early means they can get the right treatment and support.



What if it is dementia?

Although there is currently no cure for dementia, with treatment and support many people who have the condition are able to lead active fulfilling lives.

In some cases a specialist may be able to prescribe medication that can help reduce the symptoms of dementia and help cope with the illness.

Further information and support

[nhs.uk/dementia](https://www.nhs.uk/dementia)

or

[alzheimers.org.uk](https://www.alzheimers.org.uk)

To speak to an adviser call the Alzheimer's Society Dementia Helpline
0845 300 0336 (Monday to Friday 8.30am-6.30pm)

