Alzheimer's and memory loss
This 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 written in July 2011 and is due to be updated in July 2013. Please get in touch if you’d like a version with references or the information in a different format.
Diagnosing dementia

Diagnosing dementia early is important; you will be able to get the right help and support and plan for the future.

When you see your GP, they will ask you about your medical history and may do a physical check-up. You may be asked some questions about your memory. Some other tests, like scans or a blood test, may help the doctor to find the cause of any symptoms.

If your doctor thinks you may have dementia, they may refer you to a memory clinic or a specialist. If you are diagnosed with dementia your doctor will be able to advise you on the help, support and treatments that are available.

What to do if you are worried

Talk to your GP - they will be able to help you. You can contact us for more information about 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.

It is important to get the right diagnosis.
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.

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

More Information

If you would like more information about dementia and the treatment options, you can request our free booklets using the tear off slip, or ring us on 01223 843899.
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. In dementia, memory loss is more serious than forgetting things occasionally.

You should talk to your GP if you, or someone you know, have memory loss that is getting worse

interfering with everyday life.

The symptoms below could be early signs of dementia if they are new, or getting worse. They can also be caused by other conditions so it’s a good idea to check with your GP if you’re worried.

- Disorientation, especially away from your normal surroundings.
- Problems with everyday tasks, like forgetting how to prepare a meal.
- Personality changes.
- Difficulty finding the right words or communicating.
Send me more information

For free information, simply complete this slip and drop it in a post box. Alternatively, phone us on 01223 843899.

I would like to know more about

Dementia; symptoms, diagnosis, causes, prevention and care

Treatments for dementia

The latest dementia research

Title __________________________________________

Name __________________________________________

Address __________________________________________

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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: [ ]
No stamp required, but using one will help us put more money into research.

FREEPOST RRBU-CKHR-YBRA
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Great Shelford
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Alzheimer’s Research UK is the UK’s leading dementia research charity. We fund world-class, pioneering scientists to find ways to diagnose, prevent, treat and cure dementia. With your help we are making fantastic progress.

Contact us

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