

Normal Aging or Seek Medical Advice?

Worried about your brain health? Use this guide to help determine if it is part of aging or if you should seek medical advice.

Normal Aging

Seek Medical Advice

You occasionally lose keys		You frequently lose keys and other important items such as wallet and phone
You forget what you had for breakfast the day before, but remember when prompted		You are unable to recall what you had for breakfast the day before despite reminders/prompts
You drive slower than before		You are slow to react behind the wheel and often miss red lights or stop signs
You take longer to complete tasks		You struggle to complete tasks or follow a series of steps/instructions
You need to focus a little more during conversations, especially in a noisy environment		You cannot follow a conversation at all if there are any distractions around you
You have to search for the right words to use in a conversation		You use the wrong words . E.g., “pen” instead of “book”
You lose your temper more easily		You get agitated often and scream at your partner/family for no reason.