# My memory is getting worse. Could this be a symptom of Alzheimer's disease?

June 9, 2017 By Lucinda K. Porter RN

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Memory loss is common, especially with aging. The difference between ordinary versus Alzheimer's-related memory loss is that Alzheimer's is often accompanied with other symptoms. The early symptoms of Alzheimer's typically include confusion, mood changes and difficulty performing routine tasks. However, even occasional confusion and moodiness can be attributed to other causes.

Although Alzheimer's disease causes memory loss, there are many other more common conditions that affect memory. These include poor sleep, stress, depression, anxiety, drugs, vitamin deficiency, hypothyroidism, and excess alcohol use. Your doctor can help you determine the cause of your memory problems, including potentially serious problems such as stroke or a tumor.

June is Alzheimer's and Brain Awareness Month. Click here to learn more about Alzheimer's disease.

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http://beta.docker.hepmag.com/article/memory-getting-worse-symptom-alzheimers-disease