

Alzheimers

World Alzheimer’s Day takes place on 21 September and is part of World Alzheimer's Month. This year, it is focussing on the power of knowledge.

**Alzheimer's causes a gradual decline in memory, thinking and reasoning skills.**

**In the early stages, the main symptom of Alzheimer's disease is memory lapses.**

**For example, someone with early Alzheimer's disease may:**

* **forget about recent conversations or events**
* **misplace items**
* **forget the names of places and objects**
* **have trouble thinking of the right word**
* **ask questions repetitively**
* **show poor judgement or find it harder to make decisions**
* **become less flexible and more hesitant to try new things**

**There are often signs of mood changes, such as increasing anxiety or agitation, or periods of confusion.**

**If you're worried about your memory or think you may have dementia, it's a good idea to see a GP.**

**Other organisations that can provide support and information include Dementia UK and The Alzheimer’s Society.**

**We are also fortunate to have a dementia friendly community cafe that runs regularly in Digswell offering activities, guest speakers and an opportunity to socialise. For further information please visit www.homeinstead.co.uk/welwyn.**

If you would like further information about the Bridge Cottage Surgery Patient Participation Group please email ppgbridgecottage@gmail.com