

What is Mild Cognitive Impairment?

Great Oaks Management

Mild Cognitive Impairment--MCI

- * 10-15% of all adults over the age of 65 have mild cognitive impairment. Of these, 50% will progress to develop Alzheimer's or some form of dementia.
- * The primary symptom of Mild Cognitive Impairment is memory loss. Individuals with Mild Cognitive Impairment DO NOT have problems with performing activities of daily living, their thinking is clear and normal, they are not depressed and their mini mental exam score is 23 or higher.

Symptoms of Mild Cognitive Impairment

- * Asking same questions over and over
- * Getting lost when driving or walking
- * Forgetting important dates or events
- * Difficulty switching from one topic or task to another, problems multitasking

Causes of Mild Cognitive Impairment

- * Several medical problems increase the risk of developing Mild Cognitive Impairment:
 - * Hypertension
 - * Diabetes
 - * High Cholesterol
 - * Depression
 - * Thyroid problems
 - * Vitamin B12 deficiency
 - * Head trauma or head injury

Treatment of Mild Cognitive Impairment

- * If a medical problem is causing mild cognitive impairment, especially Vitamin B12 deficiency or Thyroid problems, resolution of the medical problem will likely improve the mild cognitive impairment.
- * There is no specific medication which treats mild cognitive impairment.
- * Other strategies which are helpful include exercise, educational activities, social activities, and eating a healthy diet.

Tools and Strategies

- * Using a calendar that you carry with you to keep up with appointments
- * Daily lists to serve as reminders
- * Social interactions and supports help improve functioning
- * Family/caregiver support to organize medications, go to medical or other important appointments
- * If symptoms begin to affect activities of daily living, follow up with your physician.