

Did You Know?

People who notice that they are experiencing memory loss or confusion that's increasing over time have what's called "subjective cognitive decline," or "SCD". SCD is not dementia – it's an awareness of a change. SCD can be a temporary reaction to unusual stress, it could be a warning sign of risk for dementia – or it may just be a hint to pay attention!

Many people who notice SCD don't tell anyone about it. What should you do if you're experiencing some changes in your memory or thinking? First, tell your doctor about it and discuss how what kind of evaluation is recommended. Then, talk about your risk factors. People with SCD have higher rates of modifiable risk factors for dementia than people experiencing no changes in their memory or thinking.

What are modifiable risk factors? These are conditions that affect brain health but can be changed by how you care for yourself. Paying attention to what you can change now may pay off in better brain health later.

Some modifiable risk factors that are more common in people with SCD include: high blood pressure, physical inactivity, obesity, diabetes, depression, current cigarette smoking, hearing loss, and binge drinking. Do any of these apply to you?

For more information, check out this [website](#).

And talk to your doctor.