

Chapter 1 : Mild Cognitive Impairment (MCI) & How it Differs from Dementia

Mild cognitive impairment (MCI) causes a slight but noticeable and measurable decline in cognitive abilities, including memory and thinking skills. A person with MCI is at an increased risk of developing Alzheimer's or another dementia.

Your doctor will decide whether MCI is the most likely cause of your symptoms based on the information you provide and results of various tests that can help clarify the diagnosis. Many doctors diagnose MCI based on the following criteria developed by a panel of international experts: You have problems with memory or another mental function. You may have problems with your memory, planning, following instructions or making decisions. Your own impressions should be confirmed by someone close to you. A careful medical history reveals that your ability has declined from a higher level. This change ideally is confirmed by a family member or a close friend. Mental status testing shows a mild level of impairment for your age and education level. More-detailed neuropsychological testing may help determine the degree of memory impairment, which types of memory are most affected and whether other mental skills also are impaired. Neurological exam As part of your physical exam, your doctor may perform some basic tests that indicate how well your brain and nervous system are working. The neurological exam may test: Reflexes Walking and balance Lab tests Blood tests can help rule out physical problems that can affect memory, such as a vitamin B deficiency or an underactive thyroid gland. Mental status testing Short forms of mental status testing can be done in about 10 minutes. Longer forms of neuropsychological testing can provide additional details about your mental function compared with the function of others of a similar age and education level. These tests may also help identify patterns of change that offer clues about the underlying cause of your symptoms. However, MCI is an active area of research. Clinical studies are underway better understand the disorder and find treatments that may improve symptoms or prevent or delay progression to dementia. Treating other conditions that can affect mental function Other common conditions besides MCI can make you feel forgetful or less mentally sharp than usual. Treating these conditions can help improve your memory and overall mental function. Conditions that can affect memory include: People with MCI tend to be more likely to have problems with the blood vessels inside their brains. High blood pressure can worsen these problems and cause memory difficulties. Treating depression may help improve memory, while making it easier to cope with the changes in your life. Sleep apnea can make you feel excessively tired during the day, forgetful and unable to concentrate. Treatment can improve these symptoms and restore alertness. Request an Appointment at Mayo Clinic Clinical trials Explore Mayo Clinic studies testing new treatments, interventions and tests as a means to prevent, detect, treat or manage this disease. Lifestyle and home remedies Study results have been mixed about whether diet, exercise or other healthy lifestyle choices can prevent or reverse cognitive decline. Regardless, these healthy choices promote good overall health and may play a role in good cognitive health. Regular physical exercise has known benefits for heart health and may also help prevent or slow cognitive decline. A diet low in fat and rich in fruits and vegetables is another heart-healthy choice that also may help protect cognitive health. Omega-3 fatty acids also are good for the heart. Most research showing a possible benefit for cognitive health uses fish consumption as a yardstick for the amount of omega-3 fatty acids eaten. Intellectual stimulation may prevent cognitive decline. Studies have shown that computer use, playing games, reading books and other intellectual activities may help preserve function and prevent cognitive decline. Social engagement may make life more satisfying, help preserve mental function and slow mental decline. Memory training and other thinking cognitive training may help improve your function. Alternative medicine Some supplements including vitamin E, ginkgo and others have been purported to help prevent or delay the progression of mild cognitive impairment. However, no supplement has shown any benefit in a clinical trial. If your doctor suspects that you have cognitive changes, you may be referred to a specialist with expertise in evaluating mental function. This specialist may be a neurologist, psychiatrist or neuropsychologist. Here are some suggestions to help you get ready for your appointment and know what to expect from your doctor. What you can do Be aware of any pre-appointment restrictions. When you make your appointment, ask if you need to fast for bloodwork or if you need to do anything else to prepare for diagnostic tests. Write down all of

your symptoms. Make notes about some of the most important examples of forgetfulness or other lapses you want to mention. Try to remember when you first started to suspect that something might be wrong. If you think your difficulties are getting worse, be ready to explain why. Take along a family member or friend, if possible. Corroboration from a relative or trusted friend can play a key role in confirming that your memory difficulties are apparent to others. Having someone along can also help you remember all the information provided during your appointment. Make a list of your other medical conditions. Make a list of all your medications. Questions to ask your doctor Because time with your doctor is limited, writing down a list of questions will help you make the most of your appointment. List your questions from most pressing to least important in case time runs out. For cognitive changes, some questions to ask your doctor include: Do I have a memory problem? What tests do I need? Do I need to see a specialist? What will that cost? Will my insurance cover it? Are there any clinical trials of experimental treatments I should consider? Should I expect any long-term complications? Will my new symptoms affect how I manage my other health conditions? Do I need to follow any restrictions? Do you have any brochures or other printed material I can take home with me? What websites do you recommend? What to expect from your doctor Your doctor is also likely to have questions for you. Being ready to respond may free up time to focus on any points you want to talk about in-depth. Your doctor may ask: What kinds of memory difficulties are you having? When did they first appear? Are they steadily getting worse, or are they sometimes better and sometimes worse? Do you feel any sadder or more anxious than usual? Have you noticed any changes in the way you react to people or events? Have you noticed any changes in how well or how long you sleep? Do you have more energy than usual, less than usual or about the same? What medications are you taking? Are you taking any vitamins or supplements? Do you drink alcohol? What other medical conditions are you being treated for? Have you noticed any trembling or trouble walking? Are you having any trouble remembering your medical appointments or when to take your medication? Have you had your hearing and vision tested recently? Did anyone else in your family ever have memory trouble?

Chapter 2 : About | Alzheimer's Research UK

Mild cognitive impairment (MCI) is the stage between the expected cognitive decline of normal aging and the more serious decline of dementia. It can involve problems with memory, language, thinking and judgment that are greater than normal age-related changes.

Research While many people have a natural decline in memory and thinking as they get older, people with MCI experience difficulties that are greater than expected for their age. MCI can be caused by a range of underlying conditions and may or may not get worse. However, other conditions such as depression, low vitamin levels and thyroid problems can also cause similar mild memory difficulties. Some people with MCI find that their symptoms stay the same or return to normal. MCI does not necessarily lead to dementia. We do not have a clear picture of how many people have MCI. Research has suggested that one or two in every 10 people over 65 may have MCI or cognitive impairment. These include memory problems, confusion and mood changes. A person with dementia will usually experience two or more of these symptoms, such as problems with their memory or getting lost. Someone with MCI may have only one of these symptoms and unlike dementia, it would not normally interfere with their day-to-day life. Does MCI lead to dementia? Having MCI raises your risk of developing dementia in future, even if your symptoms get better over time. For people who do develop dementia, the time this takes can vary from one person to another. Having this gene may also increase the risk of developing MCI in the first place. This information was written in January and is due to be reviewed in November Please contact us if you would like a version with references. Tweet Share Email What is mild cognitive impairment? This introductory leaflet aims to help you understand mild cognitive impairment. Download Questions about dementia? Want to know more about current research? Keen to get involved in research projects?

Chapter 3 : Mild cognitive impairment & dementia - Mayo Clinic

Mild Cognitive Impairment, in most cases, is not serious enough to interfere with an individual's everyday activities. There are several different subtypes of MCI, but the two major categories are amnesic (characterized by memory-related problems) and non-amnesic (characterized by issues with thinking skills that are not memory-related).

What is Mild Cognitive Impairment? Mild Cognitive Impairment MCI is sometimes diagnosed in people who have minor problems with memory, speech, or decision-making. The signs of MCI may not be obvious or noticeable and may be mistaken for normal aging. However, to be very clear, MCI is not a form of dementia. The formal definition of MCI is: An intermediate stage between the expected cognitive decline of normal aging and the more-serious decline of dementia. It can involve problems with memory, language, thinking and judgment that are greater than normal age-related changes. There are several different subtypes of MCI, but the two major categories are amnesic characterized by memory-related problems and non-amnesic characterized by issues with thinking skills that are not memory-related. Disease Progression People with MCI are considered to be at risk for developing dementia, as previously mentioned. In some cases, MCI does not worsen over time and inflicted individuals may not develop any additional symptoms or their initial symptoms may stay the same. On the other hand, some individuals with MCI do regain their cognitive abilities over time. According to the Mayo Clinic , individuals with MCI may also experience depression, anxiety, apathy a lack of interest , aggression, or irritability. Physicians use a variety of tests and assessments to rule out other possible causes of the symptoms before making a diagnosis. For example, according to the University of California San Francisco Memory and Aging Center , blood tests may be done to test for conditions that are treatable that may be contributing to memory issues and dementia-like symptoms. Just like for other forms of dementia, the evaluation will include an assessment of mental function as well, usually through an interview with the patient. Feedback from friends and families, neurological exams, and brain imaging may also be utilized to make a diagnosis. Difficulty performing the Instrument Activities of Daily Living is also considered in the diagnostic process. The following tasks are considered to be IADLs: Normal Aging It can be difficult to determine whether symptoms are due to normal aging, Mild Cognitive Impairment, or early stage dementia. One way to distinguish MCI from normal aging is that individuals with MCI will show signs of problems with balance and coordination. Other signs of more advanced memory-related amnesiac MCI include: Individuals with MCI often have some difficulty with complex instrumental activities of daily living described above. Dementia MCI is distinguished from dementia by the severity of the difficulty with everyday activities and by the presence or absence of dementia-related symptoms. Someone who has dementia will have obvious problems with activities like keeping track of medications or driving. Additionally, individuals with MCI usually do not display symptoms that are seen in dementia, such as impaired judgment or trouble with reasoning. Clinical trials are underway to evaluate the effectiveness of these medications. If psychiatric symptoms are experienced in addition to MCI, especially anxiety, therapy to address the symptom may be helpful. Exercising on a regular basis, avoiding smoking and heavy drinking, losing excess weight, limiting caffeine, reducing stress, and eating a diet low in fat, cholesterol, and sodium all have been shown to reduce blood pressure Mayo Clinic, Other specific recommendations include: Continue to treat your loved ones like adults. This includes the way you speak to them. Your loved one will benefit from continued physical and social interaction and feelings of independence and usefulness.

Chapter 4 : Mild cognitive impairment - Wikipedia

There are very early signs and symptoms of dementia, mild cognitive impairment, mild dementia, moderate dementia, and severe dementia. Biomarkers are indicators, such as changes in sensory abilities, or substances that appear in body fluids like blood, cerebrospinal fluid, or urine.

Chapter 5 : Dementia Stages – A Place for Mom

Background. Mild cognitive impairment (MCI), a common condition among the elderly, is defined as a deterioration of memory, attention, and cognitive function that exceeds what would be expected for the individual's age and level of education, yet does not interfere significantly with the activities of daily living.

Chapter 6 : Mild cognitive impairment - Symptoms and causes - Mayo Clinic

Continued. Mild cognitive impairment (MCI) is the term used by medical professionals when memory loss is greater than what "normally" occurs with aging, but a person is still able to perform.

Chapter 7 : Mild cognitive impairment - Diagnosis and treatment - Mayo Clinic

Based largely on our book, [Living with mild cognitive impairment: A guide to maximizing brain health and reducing dementia risk](#) (Oxford,), this blog specifies what MCI is, how it differs from.