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## What is Mild Cognitive Impairment?

Mild cognitive impairment (MCI) is a condition that involves a decline in cognitive function that is greater than what is expected for an individual’s age and education level, but that does not yet meet the criteria for dementia. MCI is often considered an intermediate stage between normal aging and dementia, and it may be a precursor to Alzheimer’s disease or other forms of dementia.

Mild cognitive impairment may involve problems with memory, language, thinking, reasoning and judgment that are beyond the normal limits of age-related memory changes. MCI should be considered on the continuum between normal age-related memory decline and the more cognitively and functionally debilitating changes associated with [dementia](#).

People with MCI may be quite aware that their memory and cognitive functioning are declining

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overseeing medications are preserved, but greater effort, compensatory strategies, or accommodations may be required.

It is important to note that not all individuals with MCI will go on to develop dementia. Some individuals may remain stable and never progress to dementia, while others may even experience improvement in their cognitive function. However, individuals with MCI are at an increased risk of developing dementia compared to those without MCI.

There is currently no cure for MCI, but there are several treatments and interventions available that may help slow the progression of cognitive decline and improve quality of life. These treatments may include medications, lifestyle changes such as exercise and a healthy diet, cognitive stimulation, and other forms of therapy.

If you or a loved one is experiencing cognitive decline, it is essential to speak with a healthcare professional experienced in diagnosing and treating MCI and other forms of dementia. Early detection and intervention can help individuals manage the symptoms of MCI and reduce the risk of developing dementia in the future.

## SYMPTOMS

## Symptoms

Mild cognitive impairment (sometimes called pre-dementia) does increase the risk of developing dementia, but does not indicate a certainty of progressive cognitive decline. On average, about 1 to 2 percent of older adults develop dementia every year. Studies suggest that around 10 to 15

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- You forget important dates or appointments including social engagements
- You lose your train of thought during conversations and have more difficulty remembering the details of events
- You become more impulsive and show signs of poor judgment and decision-making skills
- Your family, friends and co-workers notice these changes as well

Patients with MCI may also experience:

- Depression
- Irritability and aggression
- Anxiety
- Apathy

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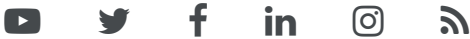
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