**What to Expect in the Early Stage of Alzheimer's Disease**

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Alzheimer's disease is a progressive brain disorder that slowly destroys memory and thinking skills. In the early stage, individuals may still function independently, but they may begin to notice lapses in memory or experience difficulty with familiar tasks.

**Common Symptoms:**

* Forgetting names, words, or recent events
* Difficulty planning or organizing
* Trouble performing tasks in social or work settings
* Misplacing items frequently
* Increased anxiety or confusion

**Tips for Managing Symptoms:**

* Use memory aids (calendars, notes, reminders)
* Establish a daily routine
* Stay socially and mentally active
* Get regular sleep and exercise
* Visit a healthcare provider regularly