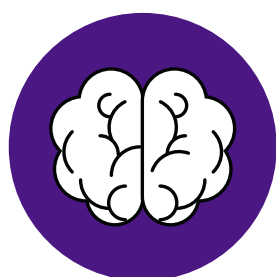
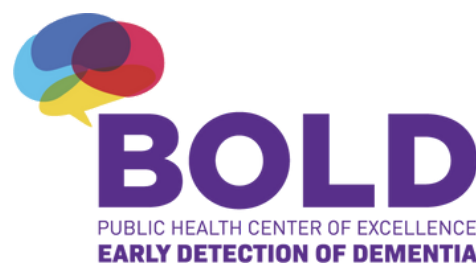


# WHAT IS MILD COGNITIVE IMPAIRMENT?



## MILD COGNITIVE IMPAIRMENT (MCI)

Mild cognitive impairment (MCI) refers to new cognitive problems that aren't severe enough to greatly affect everyday life.

## SYMPTOMS

Symptoms can be similar to those of dementia, but milder. In some people, MCI will progress to dementia, but in others, it can improve or stay the same for long periods.



## IS MCI A SPECIFIC CONDITION?



No. Sometimes it's due to a temporary illness or other reversible problem. Some people with MCI are in the early stages of a disease like Alzheimer's. Researchers and clinicians often use the term differently. It's more important to understand the problem than to label it one way or another.

## IS MCI PART OF HEALTHY AGING?

No, it reflects an abnormal change in memory and thinking that can be identified by testing. Everyone who lives long enough experiences some changes - we don't think as fast as we used to, and it can take longer to learn new things. Cognitive tests are normal in healthy aging, but not MCI.



## TREATMENT AND CARE

People with MCI should be re-evaluated over time. Because MCI is not a specific disease, evaluation for possible causes is important and should be discussed with a health care provider.

Sources: Alzheimer's Association, National Institute on Aging, Mayo Clinic

**FOR ADDITIONAL DEMENTIA-RELATED RESOURCES, ACCESS OUR WEBSITE [HERE](#)**