Individuals with amnestic mild cognitive impairment (aMCI) have more memory problems than usual for people their age, but their symptoms are not as severe as those of people with Alzheimer's dementia (AD). People with aMCI are still able to carry out most normal daily activities without assistance. Studies suggest that 15-20% of those aged 65+ may have aMCI. Signs of aMCI include: losing things often, forgetting events or appointments, and having more trouble coming up with words than other people of the same age.

People with aMCI are at increased risk for progression to Alzheimer’s dementia (AD). About 20% of individuals who fit the definition of aMCI progress to AD within 2 years. In contrast, 1-3% of people older than 65 who have normal cognition will develop AD in any one year. However, not everyone who has aMCI develops AD, and an evaluation may help in determining risk.

See signs? Talk to your doctor. For more information on Mild Cognitive Impairment: www.alz.org