



# Speak Up for your brain!



**1 in 6**  
**Missouri Adults (45-64)**

and



**1 in 5**  
**Missouri Seniors (65+)**

admit that they have **difficulties with thinking or memory** that have been getting worse. This can be an **early warning sign of dementia.**



## Among these individuals:

**1 in 3 people**  
say it **interferes with daily activities** like managing medications.



**1 in 4 people**  
say it **interferes with work** or volunteering.



**A majority**  
say they have **at least one** chronic condition.



## Discuss

your memory concerns with your primary care provider or someone close to you.

## Take Action!



## Call

the Alzheimer's Association  
24/7 Helpline at 800.272.3900

## Visit

[alz.org/alzheimers-dementia/10\\_signs](https://alz.org/alzheimers-dementia/10_signs)



MISSOURI DEPARTMENT OF  
**HEALTH &  
SENIOR SERVICES**

Survey data comes from the Missouri Behavioral Risk Factor Surveillance System, 2023.

