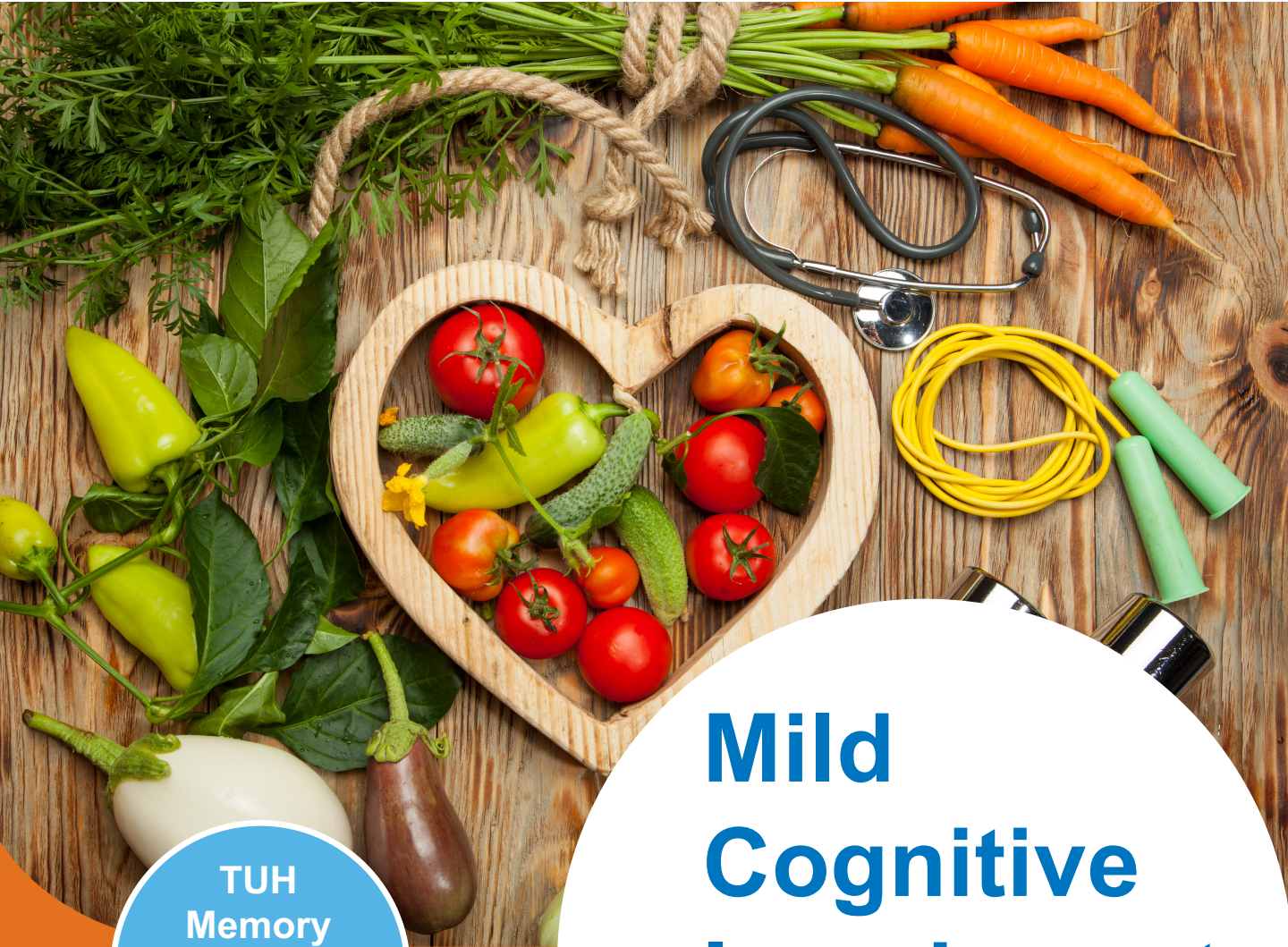




**Tallaght
University
Hospital**

Ospidéal
Ollscoile
Thamhlachta

An Academic Partner of Trinity College Dublin



**TUH
Memory
Assessment
and Support
Service**

Mild Cognitive Impairment (MCI)

Factsheet

What is Mild Cognitive Impairment (MCI)?

MCI involves cognitive changes that you or your family have noticed, but do not affect your ability to carry out everyday activities. Risk factors most strongly tied to MCI are the same as those for dementia: age, family history of dementia, and conditions that raise your risk for cardiovascular disease. In our clinic we make sure that your symptoms are not caused by other things e.g. low mood.

People with MCI, are more likely to develop Alzheimer's disease (AD) or other dementias than those without MCI. However, MCI does not always lead to dementia. In some individuals, MCI can revert back to normal or remain stable.

What are the symptoms of MCI?

MCI has two main types:

Amnesic MCI mainly affects memory. You may forget information that you would previously have recalled easily, such as appointments, conversations or recent events.

Non amnesic MCI affects thinking skills other than memory, including the ability to make sound decisions, judge the time or sequence of steps needed to complete a complex task, or visual perception.

Can MCI be treated?

Drugs to treat symptoms of AD have not shown benefit in delaying progression of MCI to dementia.

But there are so many things that you can do to keep your brain & heart healthy!

Start Exercising your body & brain!

Physical activity improves overall health and reduces the risk of many negative health outcomes. We will advise you how you can start to exercise and also refer you to a local medical exercise programme. Keep your mind as active as possible e.g. Learn a new language

Stop Smoking

We can give you information regarding smoking cessation supports.

Eat a healthy balanced diet

e.g. Mediterranean Diet - we will tell you how to start.

Avoid excess alcohol

Alcohol is harmful to your brain. We will signpost you to supports if it is needed.

Control blood pressure

Prevent and control Diabetes

Prevent and control high cholesterol

Avoid obesity

Diet and exercise will help with this

Stay socially connected

This will help your mood and help your brain to stay challenged - We will signpost you to social outlets

Check your hearing and vision

Do this at regular intervals.

Prevent low mood

Please report early to your doctor if you feel that this may be an issue for you

We will repeat your tests every year and give you any support that you might need