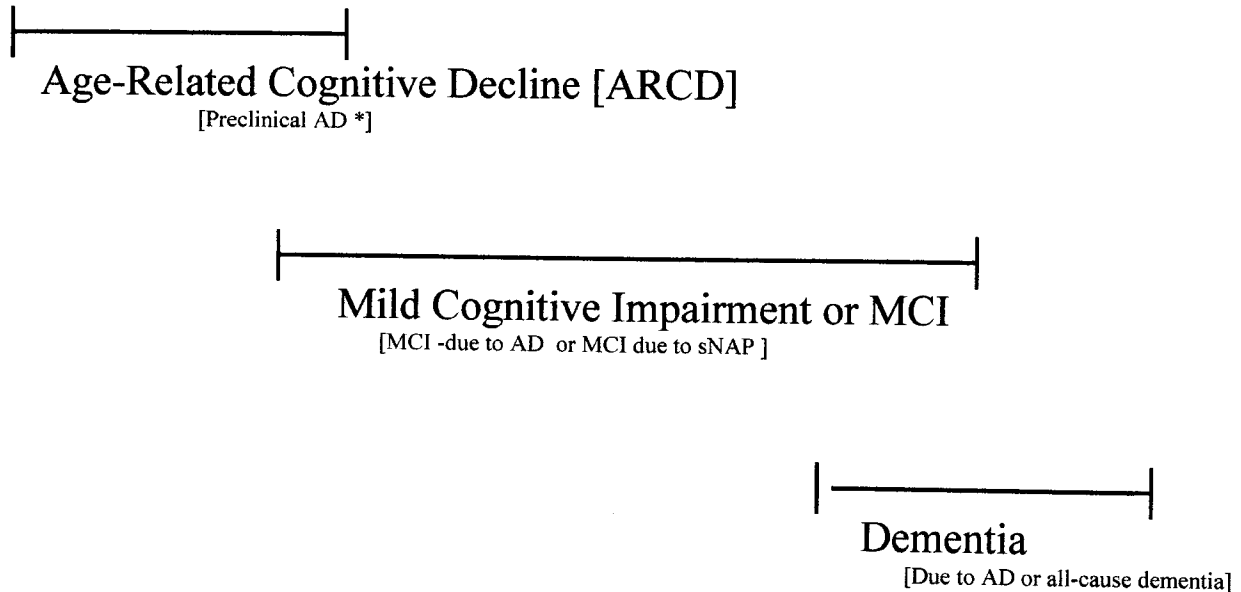


The Cognitive Continuum



Age-Related Cognitive Decline [ARCD] or Normal Cognitive Aging:

Retained ability to learn new things. Daily function is not affected. With normal brain aging, most people experience declines in recent memory and slowing of information processing and motor skills. Multi-tasking becomes harder and remembering details requires more focus than when you were younger. Poor memory alone is not dementia.

Age-Related Cognitive Decline and forgetfulness is not disabling.

Mild Cognitive Impairment (MCI):

MCI is an intermediate stage between expected cognitive decline of normal aging and the more serious decline of dementia. The memory and thinking skill difficulties can be either self-or- informant reported. Not severe enough to cause significant problems with social or occupational functioning; there may be inefficiencies in completing activities from a prior level of functioning. Cognitive testing reveals performance lower than expected for a person's age and educational background.

Dementia:

Dementia is present when **impairments in thinking and memory are severe enough to interfere with normal daily activities at work or at home** and when, over time, compared an individual's **prior level of functioning, show a progressive decline.** Dementia is a syndrome that can be caused by many disorders. Memory and thinking processes can become faulty as a result of problems that are not part of normal aging and not due to dementia : Depression, specific vitamin deficiencies or thyroid disorders, alcohol or substance use disorders are examples of potentially treatable or modifiable disorders and these may occur alone or coexist with dementia.

**[Terms in brackets are proposed for research use when incorporating "biomarkers" which are still undergoing intense study and revisions, and not yet validated in the community-dwelling patient setting].*

Ref: Albert MS et. at. Alzheimer's & Dementia 2011; 7:270-279]

AD = Alzheimer's Disease; sNAP = suspected non-AD pathway based on whether biomarkers present or absent.

Common “domains” or areas affected by impairments of memory processing that indicate problems that are not part of normal brain and cognition.

- Inability to understand language
 - (Aphasia) Inability to produce language (oral/written)
 - Apraxia (how to do things)
 - Agnosia (recognizing things)
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- Disorientation in time for space
 - Inability to form new associations
 - Inability to initiate a plan of action at a specific time
 - Personality
 - Self-control and judgment