Mild Cognitive Impairment

URL of this page: http://www.nlm.nih.gov/medlineplus/mildcognitiveimpairment.html

Also called: MCI

Some forgetfulness can be a normal part of aging. However, some people have more memory problems than other people their age. This condition is called mild cognitive impairment, or MCI. People with MCI can take care of themselves and do their normal activities.

MCI memory problems may include

- Losing things often
- Forgetting to go to events and appointments
- Having more trouble coming up with words than other people of the same age

Your healthcare provider can do thinking, memory, and language tests to see if you have MCI. He or she also may suggest that you see a specialist for more tests. Because MCI may be an early sign of Alzheimer's disease, it's really important to see your healthcare provider every 6 to 12 months.

At this time, there is no proven treatment for MCI. Your healthcare provider can check to see if you have any changes in your memory or thinking skills over time.

Start Here


Overviews

- Mild Cognitive Impairment (MCI) [http://www.mayoclinic.com/print/mild-cognitive-impairment/DS00553/METHOD=print&DSECTION=all] (Mayo Foundation for Medical Education and Research)

Latest News


Prevention/Screening

- Suggesting a Memory Screening [http://www.alzinfo.org/12/alz-guide/suggest-memory-screening] (Fisher
Coping

- Mild Cognitive Impairment: What Do We Do Now?  
  [http://www.gerontology.vt.edu/docs/Gerontology_MCI_final.pdf] (Virginia Polytechnic Institute and State University, Center for Gerontology) - PDF

Related Issues

- JAMA Patient Page: Cognitive Impairment and Money Management  
- JAMA Patient Page: Older Drivers and Cognitive Impairment  

Videos

- Mild Cognitive Impairment Research  

Clinical Trials

- ClinicalTrials.gov: Mild Cognitive Impairment  

Research

- Berries Are Good for the Brain...  [http://www.alzinfo.org/12/articles/berries-good-brain] (Fisher Center for Alzheimer's Research Foundation)

Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Article: Late-life depression, mild cognitive impairment, and dementia.  
- Article: Clinical observation on effect of scalp electroacupuncture for mild cognitive...  
- Article: Motor cortex and gait in mild cognitive impairment: a magnetic...  
- Mild Cognitive Impairment -- see more articles  

Organizations

- National Institute of Neurological Disorders and Stroke  
  Also available in Spanish  
  [http://espanol.ninds.nih.gov/]
- National Institute on Aging  
  Also available in Spanish  
  [http://www.nia.nih.gov/Espanol/]

Patient Handouts

- Mental status testing  
  Also available in Spanish  
You may also be interested in these related encyclopedia pages:

You may also be interested in these related MedlinePlus topics:

The primary NIH organization for research on Mild Cognitive Impairment is the National Institute on Aging [http://www.nia.nih.gov/]

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