

	文件類別	衛教單張	文件編號	3-063-064	
	文件名稱	認識失智症	版次	2	頁次
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### 失智症早期徵兆

- ▶ 變得健忘，特別是剛發生的事。
- ▶ 可能出現溝通上困難，例如要找到合適的字眼表達，會有困難。
- ▶ 在熟悉的地方迷路。
- ▶ 對時間的概念混淆，搞不清年、月、日或季節。
- ▶ 做決定或處理個人財務方面會有困難。
- ▶ 執行複雜之家務時會有困難。
- ▶ 情緒和行為上之徵兆：
  - 變得比較被動，對各項活動及嗜好失去興趣。
  - 可能出現憂鬱或焦慮等情緒變化。
  - 偶而出現不尋常之生氣或激動反應。

### 如何預防失智症





The infographic is a colorful grid with 10 cells. The top row includes: 'Increase Brain Protection Factors' (with 'Super Luck' text and books), 'Use Brain' (with a Go board), 'Exercise More' (with people walking), 'Social Participation More' (with a group of people), 'Balanced Diet' (with various food items and nutritional values), and 'Maintain Appropriate Weight' (with a person on a scale). The bottom row includes: 'Stay Away from Depression' (with a sad person), 'Don't Smoke' (with a cigarette and a red prohibition sign), 'Avoid Head Trauma' (with a person and a red apple), 'Prevent the Three Highs' (with 'High Blood Pressure', 'High Blood Sugar', and 'High Cholesterol' text), and 'Stay Away from Dementia Risk Factors' (with 'Avoid' text and a red prohibition sign). Navigation buttons (back, forward, search) are on the right side.

### 就醫資訊

當有多個失智症徵兆出現時，請至醫院神經內科或精神科門診檢查，確定是否罹患失智症。



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