

# Factsheet: Mild Cognitive Impairment

## What is mild cognitive impairment (MCI)?

o MCI is a condition in which a person notices problems with memory, language, or other cognitive (thinking) abilities. These problems typically do not interfere with daily life.

o In some cases, MCI may be a very early stage of Alzheimer's disease or another dementia.

o A diagnosis of MCI can be made after a memory evaluation. The evaluation includes a complete medical history interview and paper and pencil tests of cognitive abilities.

## How likely is it that a person diagnosed with MCI will develop dementia?

o People with MCI are more likely than those without MCI to develop Alzheimer's disease or another dementia within their lifetime.

o For example, approximately one out of ten people diagnosed with MCI show a greater decline in cognitive abilities within one year of their diagnosis.

## Does everyone with MCI eventually develop dementia?

o No, not everyone with MCI will develop Alzheimer's disease or dementia.

o One out of five people diagnosed with MCI will go back to normal cognitive functioning within three or four years of their MCI diagnosis.

o Many people with MCI remain stable for several years without progressing to Alzheimer's disease or dementia.

## What causes MCI?

o There is no known cause of MCI; however, risk factors include:

- ☑ High blood pressure
- ☑ Diabetes
- ☑ Low levels of physical, social, and mental activity

o Good ways to maintain brain health include:

- ☑ Good medical management of heart disease (such as high blood pressure and diabetes)
- ☑ Regular exercise
- ☑ Increased social and mental activity

**Source:** [Alzheimer's Society](#)