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that statin drugs, which help lower cholesterol, may help lower dementia risk.

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What's normal memory loss and what isn't: Occasional lapses in memory are different from the type of memory loss associated with dementia. Needing directions when driving to a place visited only occasionally is normal. Losing one's way driving home from a familiar location, such as the grocery store, is not.

When dementia-like symptoms start to become a concern, it's time to see a physician. Memory loss and other dementia symptoms have many causes, so diagnosis can be a challenge. Nevertheless, early and accurate diagnosis allows for treatment that might help reverse, lessen or delay the progression of symptoms.

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