

# 6 facts about mild cognitive impairment (MCI)

Although some symptoms are similar, MCI isn't the same as dementia. Here's what to know:



**MCI impacts how people think. It can cause increased forgetfulness and confusion.**

**Some cases of MCI may be reversible.**

**People can usually still do most of their usual activities.**



**MCI is not a normal part of aging.**

**It doesn't often progress. Only 10% to 15% cases get worse.**

**MCI is not 100% preventable but eating well, exercising regularly, and not smoking can help lower your risk.**