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Nota di contenuto	Machine generated contents note: -- Section One: What is Mild Cognitive Impairment? -- Chapter 1. Defining Mild Cognitive Impairment -- Chapter 2. How Mild Cognitive Impairment Differs From Normal Aging -- Chapter 3. How Mild Cognitive Impairment Differs From Dementia -- Chapter 4. Possible Outcomes Of Mild Cognitive Impairment -- Chapter 5. Risk Factors for Mild Cognitive Impairment and Dementia -- Section Two: How is Mild Cognitive Impairment Identified and Managed? -- Chapter 6. How Mild Cognitive Impairment Is Diagnosed -- Chapter 7. Treatment of Mild Cognitive Impairment -- Chapter 8. The Personal Impact of Mild Cognitive Impairment -- Chapter 9. Living Effectively With Mild Cognitive Impairment -- Chapter 10. Taking Charge of Mild Cognitive Impairment -- Section Three: What Can Be Done to Improve Prognosis? -- Chapter 11. Healthy Diet: Feed Your Body, Fuel Your Brain -- Chapter 12. Exercise: Jog Your Memory -- Chapter 13. Cognitive Engagement: Getting Your Brain in Gear -- Chapter 14. Social Engagement: A Good Friend Is Good Medicine -- Chapter 15. Memory Strategies: Techniques To Improve Everyday Remembering -- Epilogue.

## Sommario/riassunto

This text is for individuals with mild cognitive impairment (MCI), their loved ones, and health care professionals who care for these patients. The text is loaded with up-to-date, scientifically substantiated knowledge about what MCI is, how it affects people, and how to take a proactive approach to health while living with MCI.