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## Have you had a memory screening lately?

Most older adults know the benefits of medical screenings and get their blood pressure and cholesterol checked on a regular basis. But how many older adults are aware of the benefit of having their memory screened as well?

A memory screening takes approximately thirty minutes. It is not a diagnostic tool, but can determine if a person has a problem with his or her memory and should seek further evaluation by a specialist.

For some, the screening may ease their concerns and reassure them that their memory is fine. But for those individuals who do have a memory problem, the results may encourage them to see a doctor.

Early detection of memory problems is very important. There are other medical conditions that cause memory loss and have symptoms similar to Alzheimer's. Depression, alcoholism, anemia, diabetes, thyroid imbalance, vitamin deficiencies, medication side effects and acute infections can cause memory loss. If a person has one of these conditions, his or her memory loss could possibly be reversed following proper medical treatment.

If the memory loss is due to Alzheimer's disease, then the sooner the diagnosis is made, the better. Although there is no cure, treatments are available to preserve function and slow the progression of the disease. So the sooner they receive medication, the longer they continue to enjoy a higher quality of life.

If you know individuals that are concerned about their memory and notice changes in their memory, encourage them to have a memory screening.

Memory loss is NOT a normal part of aging and should not be ignored.

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*One Vision to end Alzheimer's disease, One Center at the forefront of research and care, One Place for families.*