

Be Mindful of Memory



Having Problems with Memory?

Memory problems are a common occurrence in our fast paced, multitasking focused world. Having memory problems does not necessarily mean you have dementia (e.g. Alzheimer's). The problems could be age-related, or a result of another illness or injury.

Age-Related Memory Problems

These are often problems remembering dates, names, appointments, forgetting where you put something, or walking into a room and not remembering why you went in there to begin with. Sometimes it may also take slightly longer to process new information. These problems are fairly benign and are common with age.

Problems that Affect Memory

- Anxiety
- Depression
- Post-traumatic stress disorder
- Vitamin B12 Deficiency
- Hypothyroidism (e.g. looks like symptoms of depression)
- Chronic Alcohol Use/Abuse
- Stroke
- Traumatic Brain Injury

Memory Screening

Memory screening involves having your memory checked by a trained professional to determine if your memory problems are consistent with age, another illness or injury that can cause memory problems, or dementia. **Please note** that memory screenings are not used to diagnose any particular illness and do not replace consultation with a physician or other qualified health care professional (e.g. psychologist).

Should I Have My Memory Checked?

These are some questions to help you decide if you should have your memory checked. If you answer yes to any of them, you might benefit from a memory screen:

- Am I becoming more forgetful?
- Do I have trouble concentrating?
- Do I have difficulty performing familiar tasks?
- Do I have trouble recalling words or names in conversation?
- Do I sometimes forget where I am or where I am going?
- Have family or friends told me that I am repeating questions or saying the same thing over and over?
- Am I misplacing things more often?
- Have I become lost when walking or driving?
- Have my family or friends noted changes in my mood, behavior, or my desire to do things.

If you answered YES to one or more of the above questions and/or you have further questions about your memory, please contact your health care team at VA Butler Healthcare for more information.

Call 724-287-4781.