WORRIED ABOUT MEMORY LOSS?

Diseases that cause memory problems affect over 5 million Americans of all races and ethnic groups. Ten percent of people over age 65, and half of those over age 85 develop memory and thinking problems. Medical problems such as heart disease, high blood pressure, obesity and diabetes not only increase the risk of strokes, but also, can increase the risk of memory problems. Serious memory loss is not part of normal aging.

Examples of symptoms that could suggest a memory disorder:

- Difficulty making decision or solving problems
- Loss of interest in hobbies or activities
- Repeating the same questions, stories or statements
- Trouble learning how to use a new gadget or appliance
- Forgetting the day, date, month or year
- Trouble handling finances such as balancing checkbook or paying bills
- Forgetting appointments
- Daily problems with memory or thinking such as misplacing items, searching for words, or forgetting to take medications

Modified from Galvin et al, The AD8, a brief interview to detect dementia, Neurology 2005

A thorough evaluation of risk factors and symptoms is necessary to determine whether memory problems are present and guide the correct treatment decisions. A new research study funded by the National Institutes of Health can provide screening for common conditions associated with memory loss at no cost.

What to expect at the screening event:

- Participants are asked to bring with them another person who can help answer questions about memory changes, such as a spouse, adult child or friend
- Brief pencil and paper questions will assess memory, language, attention, and mood
- A review of risk factors for memory disorders, heart disease, high blood pressure, stroke, diabetes, and obesity
- A brief examination assessing balance, strength, height, weight, blood pressure, waist/hip measurement, muscle mass, bone mass, BMR, BMI, % body fat, % body water, visceral fat, heart rate, metabolic age, and lung volume
- In some cases, a finger-stick blood test to evaluate for risk of diabetes
- Questions to understand your likes and dislikes about the process
- Written feedback with results of screening tests to share with your doctor
- Meeting with a nurse or social worker to discuss results
- Recommendations for clinical follow-up and participation in additional research opportunities

For more information or to schedule a screening event call Licet Valois at 646-501-4213