

Memory Self-Test

Directions: Read the items below and place a check in the box that best describes how true this statement is for you. Scoring: **Never = 0, Sometimes = 1, Often = 2, Always = 3**

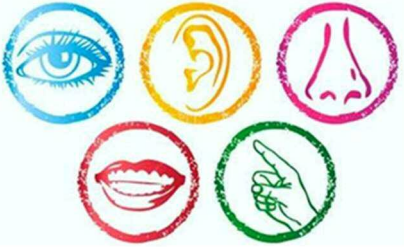


Questions	Never	Some times	Often	Always
1. I can easily remember what has been said or done in the past 24 hours.				
2. I can easily remember information for a short period of time (e.g., a phone number).				
3. I can easily hold information in my head while working with it (perform mental arithmetic, take notes while listening in class).				
4. I can easily recall information that I learned in class.				
5. When I read, I remember the important facts.				
6. I am easily able to recall events, things I have done or places I have been, in detail.				
7. I can easily recognize someone's face that I have seen before.				
8. It is easy for me to remember movies I have seen.				
9. I use specific memory strategies, such as saying things over and over or making mental pictures.				
10. It is easy for me to remember where I put things.				
Total				

Self-Scoring

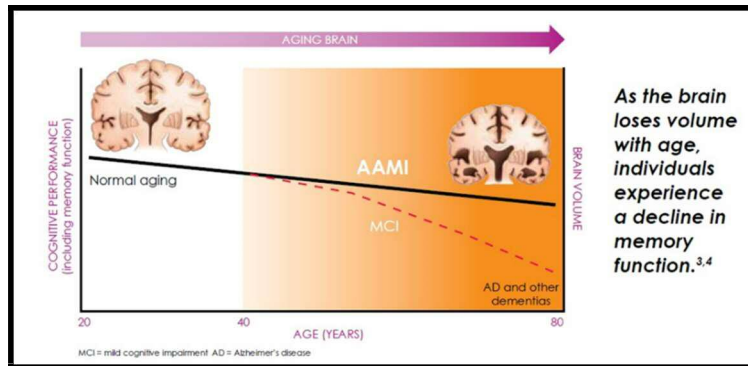
20-30 You have a memory like an elephant.

10-19 Your memory may need some work.

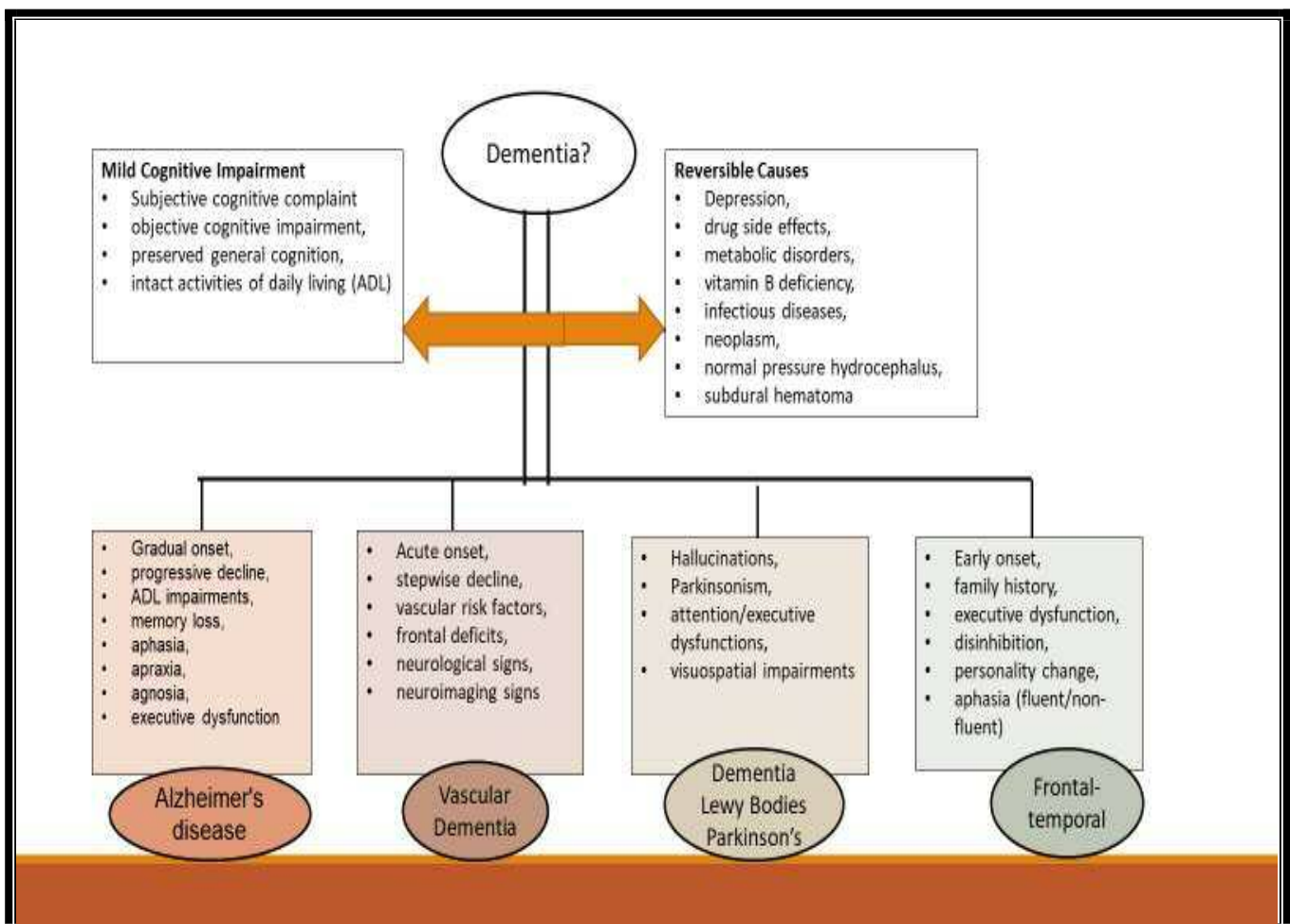
0- 9 You may wish to talk to your family doctor

Type of Memory	What is it	How to strengthen it
<p data-bbox="228 138 435 170">Sensory Memory</p> 		
<p data-bbox="142 422 524 453">Short term or working memory</p> <p data-bbox="191 495 475 533">480 – 965- 4284</p>		
<p data-bbox="207 688 459 720">Long term – Episodic</p> 		
<p data-bbox="201 1022 466 1054">Long term – Semantic</p> 		
<p data-bbox="191 1331 475 1362">Long term – Procedural</p> 		
<p data-bbox="204 1646 462 1677">Long term Emotional</p> 		

Age Associated Memory Impairment (AAMI) is a label for the general decline of memory which results from normal aging. It is a natural process, which often begins in our 20s and tends to get noticeably worse as we reach our 50s. As the brain ages, the white matter which links together different parts of the brain, begins to die off, largely because the blood flow supplied to the brain is not as healthy as in the young, which causes memory to become impaired. Also, the production of the chemical messengers (neurotransmitters) used to carry signals through the brain is also reduced, perhaps by as much as 50% between young adulthood and old age, which impairs our ability to think and perform memory tasks.



Diseases of the Memory - Dementia is a general term for a large class of disorders characterized by the progressive deterioration of thinking ability and memory as the brain becomes damaged. Essentially, when memory loss is so severe, it interferes with normal living. There are four primary dementia classifications have been defined according to clinical and research criteria:



Mayo Clinic Tips for Memory

- 1. Stay mentally active** - Just as physical activity helps keep your body in shape, mentally stimulating activities help keep your brain in shape — and might keep memory loss at bay. Do crossword puzzles. Read a section of the newspaper that you normally skip. Take alternate routes when driving. Learn to play a musical instrument. Volunteer at a local school or community organization.
- 2. Socialize regularly** - Social interaction helps ward off depression and stress, both of which can contribute to memory loss. Look for opportunities to get together with loved ones, friends and others — especially if you live alone. When you're invited to share a meal or attend an event, go!
- 3. Get organized** - You're more likely to forget things if your home is cluttered and your notes are in disarray. Jot down tasks, appointments and other events in a special notebook, calendar or electronic planner. You might even repeat each entry out loud as you jot it down to help cement it in your memory. Keep to-do lists current and check off items you've completed. Set aside a certain place for your wallet, keys and other essentials.
- 4. Sleep well** - Sleep plays an important role in helping you consolidate your memories, so you can recall them down the road. Make getting enough sleep a priority. Most adults need seven to eight hours of sleep a day.
- 5. Include physical activity in your daily routine** - Physical activity increases blood flow to your whole body, including your brain. This might help keep your memory sharp. At least 20-30 minutes a day.
- 7. Manage chronic conditions** - Follow your doctor's treatment recommendations for any chronic conditions, such as depression or kidney or thyroid problems. The better you take care of yourself, the better your memory is likely to be. In addition, review your medications with your doctor regularly. Various medications can impact memory.
- 8. Eat a healthy diet** - A healthy diet might be as good for your brain as it is for your heart. Eat fruits, vegetables and whole grains. Choose low-fat protein sources, such as fish, lean meat and skinless poultry. What you drink counts, too. Not enough water or too much alcohol can lead to confusion and memory loss.

