



# MEMORY LOSS & FORGETFULNESS

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# Memory Loss/Forgetfulness



## Upcoming events

- **Wed. Dec. 29 at 6:00:** Holiday Comfort Foods with Maudene
- **January health kickstart:** Making Plant-based eating easy...and fun!



## Healthy Eating Corner Newsletter

Sign up at: <https://bit.ly/HealthyEatingCornernewsletter>

# Memory Loss/Forgetfulness

## How is your memory?

Can't find your car keys?



Can't remember the name of the personal trainer that you liked at the gym?



Forgot your grocery list?



**Well, you're not alone. Everyone forgets things occasionally, however, you still cannot take memory loss lightly.**

# Memory Loss/Forgetfulness

## What is memory Loss?

Memory loss (amnesia) is **unusual** forgetfulness. You may not be able to remember new events, recall one or more memories of the past, or both. The memory loss may be for a short time and then resolve (transient). Or, it may not go away, and, depending on the cause, it can get worse over time. In severe cases, such memory impairment may interfere with daily living activities.

## Some Common Causes of Memory Loss

- Depression, stress, or Anxiety
- Medications
  - Tramadol (pain medication)
  - Benzodiazepines (Xanax, Valium)
- Alcohol
- Insomnia
- Underlying Medical Problems:
  - Dementia AND Alzheimer's
  - Concussion
  - Vitamin Deficiency
  - Stroke
  - Thyroid problems

# Memory Loss/Forgetfulness

## **What is Forgetfulness?**

Forgetfulness is a failure to remember. It results from changes in the brain and can be a normal part of aging or a symptom of another condition or disease.

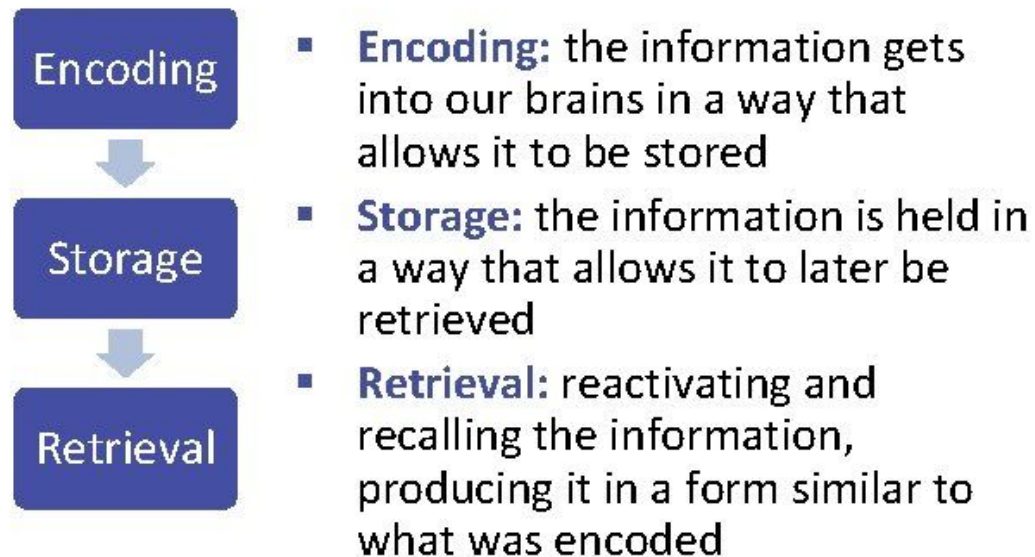
## **Common causes of forgetfulness include:**

- Aging
- Side effects of medications
- Stress
- Overwork
- Inadequate rest
- Distractions
- Early signs of Dementia/Alzheimer's

# Memory Loss/Forgetfulness

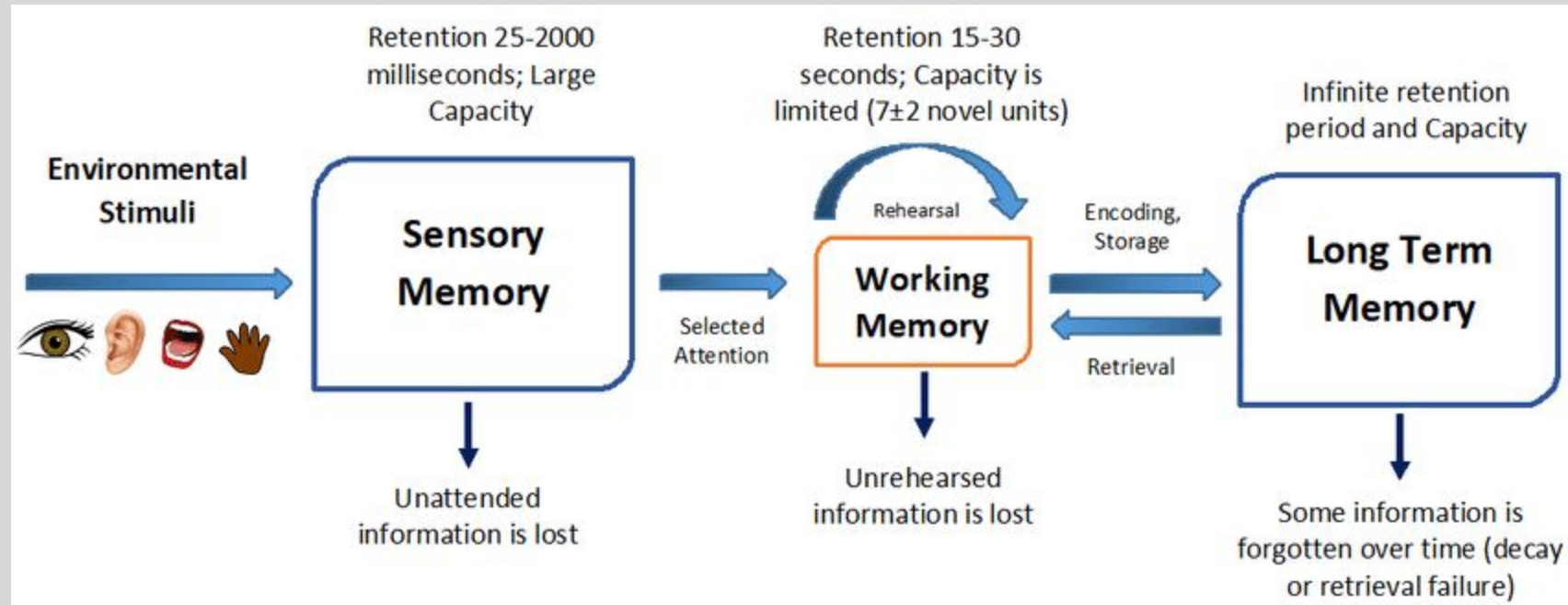
## How Does Memory Work? An Information-Processing Model

Here is a simplified description of how memory works:





# Memory Loss/Forgetfulness



**Video – How does your memory work?**

<https://www.youtube.com/watch?v=TUoJc0NPajQ>

# Memory Loss/Forgetfulness

FUNNY JOKE FROM A BEAUTIFUL WOMAN. By: Rothstein, Meryl, Garrett, Beau, Esquire, 01949535, Jul2007, Vol. 148, Issue 1

Database: Academic Search Premier

## **MAN AT HIS BEST:** The Front

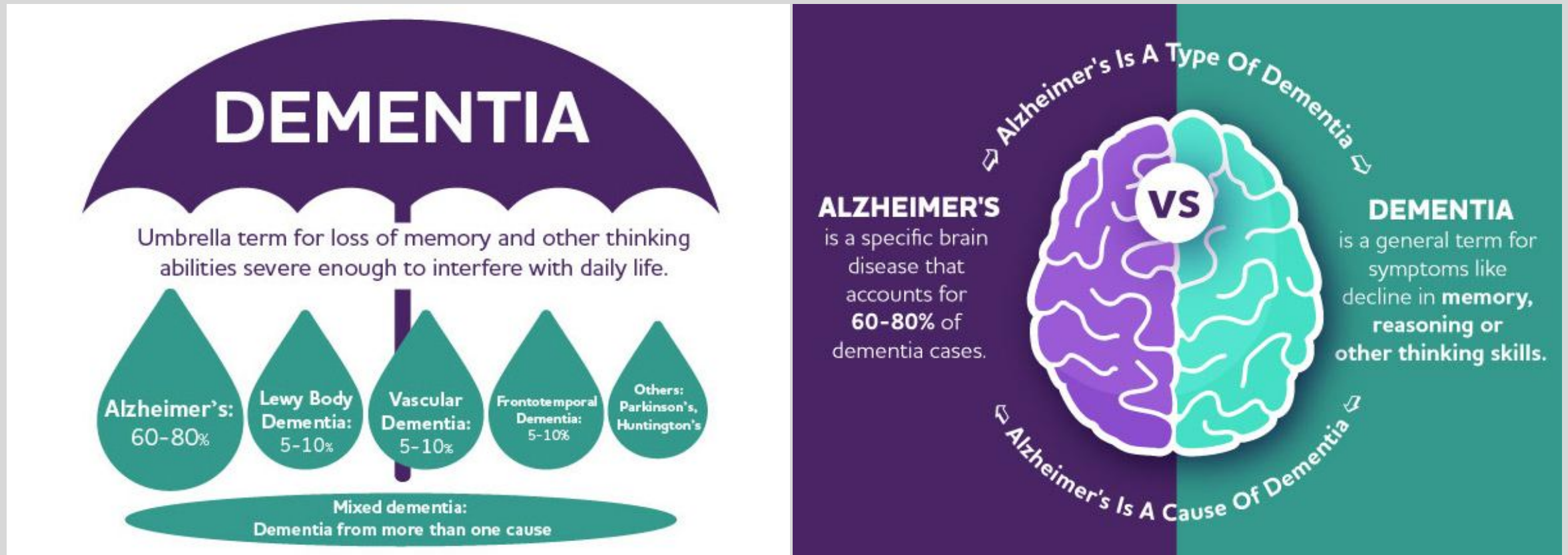
After dinner, two elderly women retire to the kitchen and leave their husbands to chat. The **first man** says, "Last night we went out to a great new restaurant." **The other** asks, "What's it called?" The **first man** knits his brow in concentration and finally says, "Ah, what is the name of that red flower you give to someone you love?" His friend replies, "A carnation?" "No, no. The other one," the **first man** says. "The poppy?" wonders his friend. "No," growls the **first man**. "You know, the one with thorns!" "Do you mean a rose?" asks **the other man**. "Yes, that's it!" the **first man** says. He then turns toward the kitchen and yells, "Rose, what's the name of that restaurant we went to last night?"

**Question:** Is the **first man** having **memory loss** or is he just **forgetful**?



# Memory Loss/Forgetfulness

## Alzheimer's VS Dementia



# Memory Loss/Forgetfulness

## Alzheimer's VS Dementia

### Alzheimer's

#### Unknown cause

"Amyloid cascade hypothesis" is most widely discussed and researched hypothesis today

#### Irreversible

There are no drugs that can cure Alzheimer's, we can only improve symptoms or slow progression

### Dementia

#### Many causes

Diseases, stroke, thyroid issues, vitamin deficiencies, reactions to medications, and brain tumors

#### Potentially reversible

some forms of dementia can be reversed and managed, such as those caused by drugs/alcohol & metabolic disorders

# Memory Loss/Forgetfulness

How do we differentiate between the two?

## **Alzheimer's Disease/Dementia (Memory Loss)**

- ☐ Unable to maintain monthly bills and finances
- ☐ Losing track of the date or time of the year
- ☐ Trouble having a coherent conversation
- ☐ Often misplacing things and not able to find them

## **Forgetfulness (Normal Aging)**

- ☐ missing a monthly payment
- ☐ forgetting the day of the week and remembering it later
- ☐ Sometimes forgetting which word to use or someone's name
- ☐ Losing things from time to time

# Memory Loss/Forgetfulness

## Early signs of cognitive and brain dysfunction (Memory Loss)

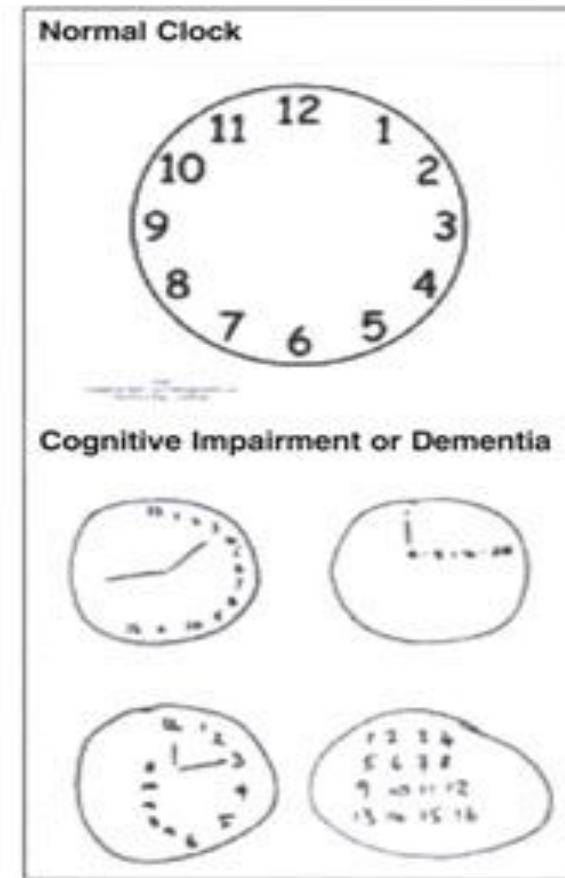
- **Memory loss** - Misplacing items and forgetting recently learned information, conversations, names, etc.
- **Language problems** - Trouble finding words
- **Disorientation to time** - Forgetting the day of the week or the date
- **Impaired sense of direction** - Getting lost in a familiar place
- **Changes in personality or mood** – quick irritability; anger
- **Executive impairment** - Difficulties with decision making, using poor judgement or impaired organizational skills

# Memory Loss/Forgetfulness

What is done when someone shows signs of memory loss?

- ❖ Patient is screened
  - The Mini-Cog® is a 3-minute instrument that can increase detection of cognitive impairment in older adults
  - It consists of two components: a 3-item recall test for memory and a simply scored clock drawing test
- ❖ Blood tests – vitamin deficiencies or hormone imbalances
- ❖ Complete neurological examination – physical exam
- ❖ Brain Scan – MRI of the brain (decrease in some lobes in the brain)

**FIGURE 2.**  
**Mini-Cog Test for Dementia**





STAY ORGANIZED

How do we  
Improve our  
Health?



Include Daily Physical  
Activity

# Memory Loss/Forgetfulness



Socialize Regularly



Stay Mentally Active

# Memory Loss/Forgetfulness

**Consider 7 simple ways to sharpen your memory — and know when to seek help for memory loss.**

## **1. Include physical activity in your daily routine**

- Increases blood flow to your whole body, including your brain. This might help keep your memory sharp.
- For most healthy adults, the Department of Health and Human Services recommends:
  - at least 150 minutes a week of moderate aerobic activity, such as brisk walking OR
  - 75 minutes a week of vigorous aerobic activity, such as jogging — preferably spread throughout the week
  - If you don't have time for a full workout, squeeze in a few 10-minute walks throughout the day.

## **2. 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. Play bridge. Take alternate routes when driving. Learn to play a musical instrument. Volunteer at a local school or community organization.

## **3. 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.

## **4. 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 place for your wallet, keys, glasses and other essentials.
- Limit distractions and don't do too many things at once. If you focus on the information that you're trying to retain, you're more likely to recall it later. It might also help to connect what you're trying to retain to a favorite song or another familiar concept.



How do we  
Improve our  
Health?

Manage Chronic  
Conditions



# Memory Loss/Forgetfulness

Sleep Well



Eat Healthy Foods



# Memory Loss/Forgetfulness

**Memory loss continued: 7 tips to improve your memory continued..**

## **5. Manage chronic conditions**

- Follow your doctor's treatment recommendations for medical conditions, such as depression, high blood pressure, high cholesterol, diabetes, obesity and hearing loss. 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 affect memory.

## **6. 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 nine hours of sleep a day.

## **7. 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, beans and skinless poultry. What you drink counts, too. Too much alcohol can lead to confusion and memory loss. So can drug use.

## **When to seek help for memory loss**

- If you're worried about memory loss — especially if memory loss affects your ability to complete your usual daily activities or if you notice your memory getting worse — talk to your doctor. He or she will likely do a physical exam, as well as check your memory and problem-solving skills.
- Sometimes other tests are needed as well. Treatment will depend on what's contributing to your memory loss.

# Memory/Forgetfulness

## Remember...

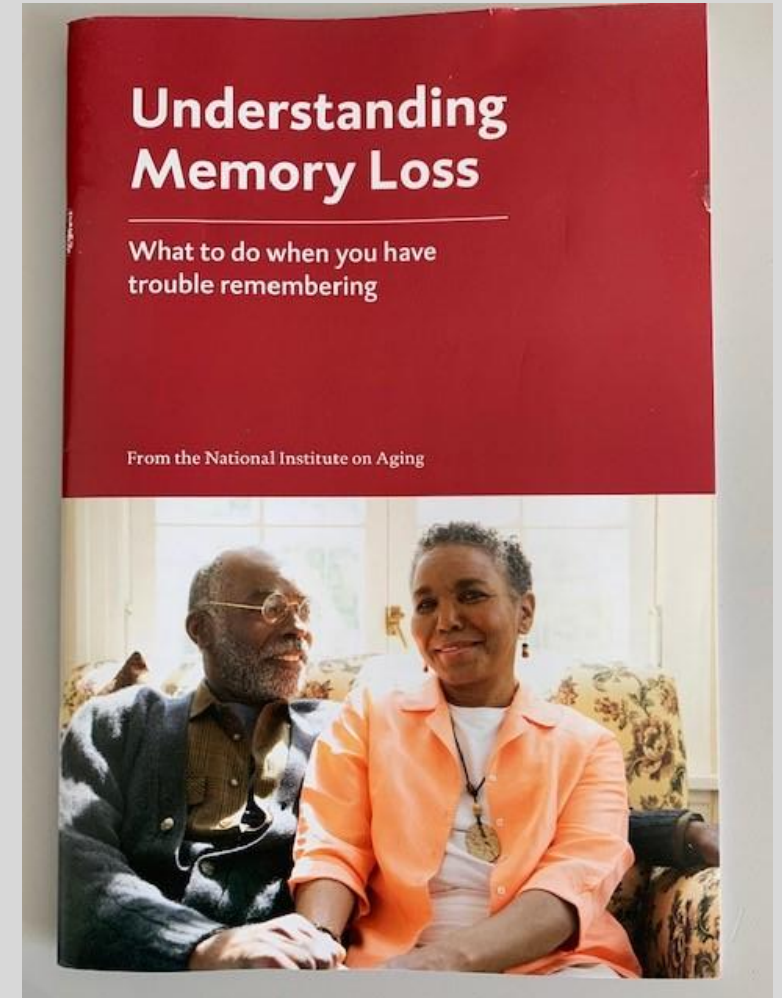
There are some memory-related problems that **may be cause for concern**. If you or a loved one experience any of the following symptoms frequently, discuss them with a doctor:

- **Memory problems that impair daily living:** such as forgetting things you just learned, needing to have things repeated frequently, repeating yourself frequently, or requiring memory aides and notes to remember simple tasks when you never had to before.
- **Getting lost in familiar places:** Not being able to find your way through your favorite park, getting lost on your way to work, or forgetting how you got somewhere.
- **Misplacing objects in unusual places:** Frequently being unable to find an object after retracing your steps, or finding them in an unusual spot (such as your car keys in the refrigerator).
- **Speak with your doctor** if you or someone you know have noticed **changes in your memory**, especially if accompanied by other signs such as challenges with planning and problem solving, difficulty with words and visual relationships of things, poor judgment or mood changes.
- **Remember** that some causes of dementia such as Alzheimer's disease are progressive, which means the symptoms get worse over time. Other cases of dementia are reversible, which means they could be fixed or stopped if caught early enough.
- **Remember**, detecting dementia early can give you a chance to make plans for your future care and living situation while you can still make good decisions

# Memory/Forgetfulness

## In Summary

- ❑ **Distinguish** whether you are just forgetful or is suffering from memory loss
- ❑ **Forgetfulness**: enhance your memory by practicing habits that work
- ❑ **Memory loss**: visit your doctor to be screened and follow up with all recommended tests
- ❑ **Uncertain**: visit your doctor to be screened



# Memory/Forgetfulness



# Memory/Forgetfulness

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