

# Facts on Memory Loss

**Memory**—The ability to store and retrieve information

## Common Symptoms:

- Forgetting names of familiar people and telephone numbers
- Word hesitancy and/or difficulty finding the right word
- Misplacing items and putting them in unusual places
- Repeating questions or statements

## Possible Causes of Memory Loss:

- Drug intoxication
- Depression
- Head Injury
- Stroke
- Infection
- Diabetes out of control
- Thyroid problems—too much or too little
- Anemia
- Dehydration
- Vitamin deficiencies

## Suggestions for Maximizing Memory:

### ***Keep your brain busy every day.***

⇒ Do crossword puzzles, play cards or games, learn something new

### ***Get out and move.***

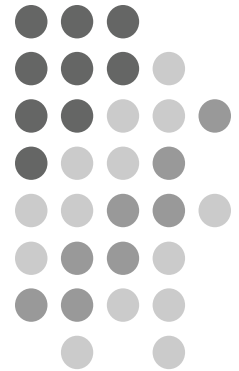
⇒ Walk, stretch, and strength train

### ***See your doctor for routine check-ups.***

⇒ Include review of medications, eye and ear examinations

### ***Eat a well-balanced diet.***

⇒ What's good for your heart is good for your brain!



**Memory loss that disrupts every day life is NOT part of the normal aging process.**

## For More Information, Contact:

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