

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.

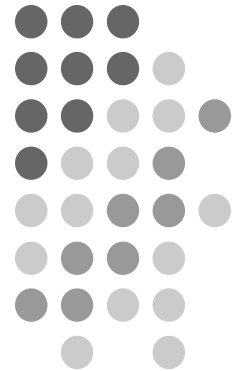
⇒ Walk, stretch, and strength train

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:

Lynn Tadda, LCSW
Franklin-Williamson Human Services, Inc
618.937.6483 ext. 7504

Linda Warner, EdM, QMHP
Heartland Human Services
217.347.7179 ext. 1046

Juanita Suro, MA, LCPC
Southeastern Illinois Counseling Centers, Inc.
618.395.4309 ext. 230