

## Memory Loss

Memory loss can be a very troubling problem for many individuals. Many are often left wondering if this is a normal part of aging or a serious health problem.

Many conditions can lead to memory loss including Alzheimer's disease, Parkinson's disease, hypothyroidism, vitamin B12 deficiency, and depression. Blood tests and x-rays may be needed to evaluate problems with memory. Certain medications may also contribute to memory problems.

Signs or symptoms that may indicate problems with memory include:

- Inability to learn new things
- Difficulty managing finances
- Depression
- Getting lost going to familiar places
- Forgetting old facts
- Making up stories or details to fill in gaps in memory
- Continually repeating stories
- Wandering from home
- Agitation, paranoia, or other behavioral problems
- Poor judgment and forgetting manners
- Lack of concern for appearance/hygiene
- Inappropriately crying out
- Refusal to eat
- May mumble or speak in gibberish
- Failure to recognize family
- Difficulty with daily living activities such as toileting, walking, eating

If you are having troubles or concerns about memory loss, talk with your doctor. Medications are available to help slow the progression of memory loss.