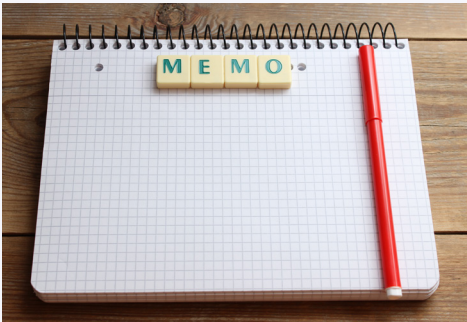




Memory Loss / Dementia



As we get older, we **ALL** start to have problems with our memory, we can't remember things as well as we did before, we may need to write things down and put appointments in a diary or on the calendar so that we don't forget. This is all perfectly normal.

However, you may start to have more issues with your memory, for example:

- You cannot remember what was said to you a few minutes ago, you keep asking the same questions over and over, forgetting names, dates, appointments, where you live.
- You may go out to the shop and get lost on the way back.
- You may start to live in the past more and more.
- You may have mood changes becoming angry, feeling anxious or not talking.
- You may forget what time of day it is – morning, evening, bedtime, mealtimes.
- Simple tasks such as putting clothes on in the right order may become more difficult.
- Your judgement may change, you may not recognise dangers like crossing the road.
- You may forget words or not understand what other people are saying to you.
- You may have difficulty with tasks like fastening buttons, using cutlery, or eating.



These signs may show that there is more of a problem than just getting older.

It is sometimes called Cognitive Impairment and may be a sign of Dementia.

These problems could be caused by illnesses or diseases of the brain. Sometimes there is no explanation for these problems developing, this can happen to anyone. Sometimes they can be linked to other health issues: heart disease, diabetes, or high blood pressure.

If you are worried about any of these signs, the first step is to speak to your family Doctor (GP). They will do some quick tests to check your memory and may also do urine and blood tests in case something else is causing these problems.

Your GP may send you to the Memory Clinic who will do more detailed tests and scans and give you a diagnosis. Once a diagnosis is made, some people can be treated using medicines.

It is important to see your GP as soon as possible to see what help and support is available.

