

## Memory loss: Aging, or is it more?

**A**s we age, it can be easy to forget things. Misplacing your wallet or forgetting a name briefly can be a normal sign of aging. But it can affect your everyday life. Forgetting a little bit is natural. But forgetting a lot can be a sign of more severe memory loss. It may be harder to learn or focus. And it may be a warning sign. There are steps to take to protect memory.



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### Quick facts on memory loss:

**1** Experts say to pay attention. Putting effort into focusing can help improve memory skills. It can reduce stress. Keeping your important things, such as keys and wallet, in the same place can help too.



**2** Volunteering can help improve memory, according to experts. Working at a school or faith-based setting can also help build new skills.

**3** Healthy habits can protect memory skills. Experts say to eat healthy foods, exercise and get enough sleep. They also suggest staying active socially. If you have chronic disease, it's important to manage that well.

**4** Signs that memory loss may be more serious include getting lost in places you once knew well or failing to recognize friends or family. These can be signs of dementia.

**5** If you or a family member have some symptoms of dementia, talk with a doctor. They can give you tools to manage dementia or its causes, such as Alzheimer's disease.



>> For more information on memory loss, visit [www.nia.nih.gov](http://www.nia.nih.gov)