

Remember... memory actually peaks during your 20's - so if you are over 20 it may be that your memory is just inefficient... These are typical symptoms of Memory Loss -

Early, usually benign, signs of memory loss include:

- Occasionally having trouble finding the right word
- Momentarily blanking on the name of a friend or colleague
- Temporarily misplacing your keys or wallet
- Momentarily forgetting what day of the week it is
- Forgetting once or twice to turn off the stove or water
- Forgetting an item on your to do list
- Forgetting an occasional meeting or appointment
- Not recognizing someone you met a long time ago.

Signs of severe memory loss include:

- Difficulty naming common objects
- Difficulty in understanding words
- Substituting inappropriate words, making sentences unintelligible
- Asking the same questions over and over
- Putting common objects in inappropriate places like a shoe in a refrigerator and not recalling how it got there.
- Forgetting important appointments repeatedly
- Not knowing the date, time or year
- Getting lost on one's own street.

Other Changes associated with Memory Loss include:

- Rapid mood swings, irritability for no apparent reason
- Inability to perform common household chores
- Noticeable or inexplicable confusion at home or in the workplace
- Inability to perform tasks involving simple calculation, like balancing a checkbook.

It may be time to consider a little brain exercise.

“Brainfit” recommends trying these activities: - Done consistently, these activities will help create new neural pathways in your brain by:

1. Forcing you to think while doing them:

- Assembling a model airplane
- Answering questions on a television quiz show
- Creating a new recipe from scratch
- Doing crossword puzzles, Sudoku, or brain teasers

2. Doing old things in new ways:

- Taking a new route home from work
- Brushing your teeth with the non-dominant hand
- Eating dinner with chopsticks

3. Discovering new levels of learning

- Taking up a new hobby
- Learning a new language
- Learning a new software application
- Learning or relearning how to play a musical instrument

4. Acquiring new modes of thinking

- Writing poetry
- Sculpting
- Drawing or painting a picture
- Writing your memoirs
- Reading a new book genre (e.g., non-fiction instead of fiction)

5. Challenging your mind and body

- Golf, tennis, skiing, etc
- Ballroom dancing
- Riding a bicycle
- Learn to drive a standard shift car

6. Engaging in Social interaction

- Playing Bridge or other card games
- Book club discussions
- Doing volunteer work
- Taking classes
- Attending a play or lecture with a friend

7. Participating in aerobic exercise which pumps blood and nutrients to the brain

- Walking briskly or jogging
- Walking or running on a treadmill
- Doing jumping jacks
- Dancing