

Health and wellness tips—brought to you by
Insurance Trust for Delta Retirees.



Memory Loss

Did I close the garage door? What is the name of that restaurant my friend loves? What time does my fitness class start?

Sound familiar? It happens to everyone occasionally. We forget things, and mild forgetfulness is not something to cause concern.

Are you forgetting things more frequently? Or perhaps you are forgetting things you should know, such as where you live, or a loved one's name? Serious memory loss is not something to ignore.

Common warning signs of serious memory loss include the following:

- Frequently asking the same question or repeating the same story over and over.
- Not recognizing familiar people and places.
- Having trouble exercising judgment, such as knowing what to do in an emergency.
- Changes in mood or behavior.
- Vision problems.
- Difficulty planning and carrying out tasks, such as following a recipe or keeping track of monthly bills.

Are you simply forgetful, or do you think your memory loss is caused by a more serious condition? Learn about the causes and treatments for memory loss by reading, "Understanding Memory Loss," a brochure from the National Institute on Aging found at the following website.

www.nia.nih.gov/sites/default/files/understanding_memory_loss.pdf

Do you have questions about memory loss? Have you or a loved one recently been diagnosed with mild cognitive impairment, Alzheimer's disease, or dementia? Contact **Health Advocate™** to learn more and connect with a Personal Health Advocate™. Call **1-877-325-7265, Option 2** or email answers@healthadvocate.com.