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Thanks for the Memories

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Thanks for the Information

- “Memory loss” is highly influenced by personal and contextual factors
 - Aging stereotypes
 - Sense of self-efficacy
- Memory complaints increase with age but do not necessarily correlate with cognitive decline

- Older adults may experience changes in the brain just as they experience other changes in the body
 - Focus/attention
 - Multi-tasking
 - Speed of recall
- Some elements of brain function remain unchanged throughout the lifespan
 - Vocabulary and reading
 - Reasoning and procedure

2

Thanks for the Brain

- 80+ billion nerve cells
- Hundreds of trillions of connections
- Nerve signals can travel (the equivalent of) 268 MPH
- May utilize up to 30% of your body's available resources
- Reaches maximum volume in early adulthood
 - New nerve cell growth, connections, and learning can continue
- Very compartmentalized and specialized
 - Use and stimulation throughout the lifespan may affect how the brain functions in later life

3

Thanks for the Nutrition

- Vary diet with lean meats, fish, fruits, vegetables, whole grains, and low-fat dairy
 - Emphasis on fruits and vegetables
 - Emphasis on Omega-3 fatty acids
 - Emphasis on B Vitamins, Vitamin C, and Vitamin E
- Hydration
 - Water
 - Decaffeinated coffees and teas
 - 100% fruit juices
 - Low-fat dairy
- Try to minimize heavily processed foods that may be high in things like added sodium and sugars

4

Thanks for the Medications

- Many medications may affect brain function, concentration, and/or ability to concentrate
 - Pain medications
 - Anti-depressants
 - Antihistamines
 - Sleep aids
 - and on and on and on
- Drug-drug interactions may cause unintended side-effects
- Discuss all medications, prescription and over-the-counter, with all your health providers
- Beware “memory pills” and “miracle” cures

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Thanks for the Health

- Memory complaints are more closely linked to affective and personality variables than objective performance
 - Stress
 - Anxiety
 - Depression
- Good health status overall is good for your brain
 - Prevent/manage chronic conditions such as diabetes, hypertension, etc.
- Physical activity is good for your body and your brain
 - Increases the flow of blood and Oxygen
 - Affects vasculature and neurogenesis

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Thanks for Talking to your Health Provider

- Be open and honest with your health provider about all your health concerns
- Talk to your health provider when memory concerns or issues begin to interfere with independent function
 - Forgetting how to carry out everyday tasks: handling money, paying bills, etc.
 - Decline in ability to plan and/or organize
 - Getting lost in familiar places
 - Not able to recall the names of loved ones

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Thanks for the Tips & Tricks

- Confidence
- Establish a routine
- Minimize distractions
- Social interaction
- Physical activity
- Relax and reflect
- Train your brain
 - Memory
 - Organization, visualization, and association
 - Reasoning
 - Finding patterns in letters, numbers, and series
 - Speed of processing
 - Identifying objects quickly
 - Recalling information

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Thanks for the Additional Resources

- *Memory, Forgetfulness and Aging: What's Normal and What's Not*
 - <https://www.nia.nih.gov/health/memory-forgetfulness-and-aging-whats-normal-and-whats-not>
- *Noticing Memory Problems? What to Do Next*
 - <https://www.nia.nih.gov/health/noticing-memory-problems-what-do-next>
- *Understanding Memory Loss*
 - <https://order.nia.nih.gov/publication/understanding-memory-loss-easy-to-read-booklet>
- *Exercise and Physical Activity*
 - <https://www.nia.nih.gov/health/exercise-physical-activity>

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Thanks for the Questions

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