

Master of Memory-Medical Conditions and Memory Function

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Let's Review. . .

- ***Two types of Intelligence-crystallized and fluid.
- ***Three types of Memory-sensory, short-term, and long-term
- ***Three types of Learners-auditory, visual and kinesthetic.
- ***Memory Strategies-concentration, association, repetition, and relaxation.
- ***Physical conditions such as clogged arteries, high blood pressure and dehydration can affect memory.
- ***Substances such as caffeine, nicotine and alcohol may affect your memory.
- ***Keep a list of medications and discuss with your healthcare provider.
- ***Keep track of side-effects and report to healthcare provider.
- ***Take medications as prescribed and don't share with others.

Memory . . .Conditions that may affect your memory may vary greatly such as physical, emotional, treatable and permanent.

Vision . . .Visual learners relate well to written information.

- ***Over 60% of the population are visual learners.
- ***Diminished visual ability or loss of vision may affect the memory of a visual learner

Vision Problems . . .Poor eyesight, incorrect eyewear, eye diseases such as macular degeneration, cataract or glaucoma

Hearing . . . Auditory learners relate well to spoken words.

- ***Nearly 30% of the population are auditory learners.
- ***Hearing loss may have impact on the memory of an auditory learner.

Hearing Problems . . . Hearing loss has many causes-damage to the ear, damage to the nerve, blockage of the ear canal, infection, and exposure to loud noises.

Thyroid . . .Produces hormone to maintain normal metabolic activity in the body. Too much - nervous or over excited, or too little hormone-fatigue, sleepiness and lack of mental agility.

Sleep . . . Adequate rest is important for overall health. Quality is more important than quantity. Important for memory consolidation. This allows

short term memory to become long term memory.

Solitude . . . Social interaction is paramount. Make your environment mentally challenging.

Grief . . . Sense of loss is a powerful emotion. It may cause inability to concentrate. Focus on the past may inhibit learning new things. It may lead to lasting memories.

Depression . . . Very common especially if socially isolated and may be caused by medication. Can be treated once it is diagnosed.

Stress . . . Many causes, many manifestations, and may be associated with medical conditions. Stress chemicals target areas of the brain associated with memory.

Delirium . . . May affect more than 30% of older adults because of medications taken. Has a fast onset. It may affect your thinking, perception and memory. Can be accompanied by hallucinations.

Dementia . . . Can be confused with delirium. Dementia has many forms such as Alzheimer's type or vascular dementia. It affects about 4 million Americans and the risk increases with age. It has a gradual onset, progresses over the years, and generally irreversible. About 1.5% of the people have dementia by age 65 and 30% by 80 years old.

When to Seek Help . . .

***Memory problems may interfere with independent living

***Dementias may affect memory, judgement, and personality

***Many memory problems are treatable and reversible.