

# Facts on Memory

## *Common Symptoms:*

### Forgetting...

- Names
- Where you put something
- Telephone numbers
- Words
- Having already told someone something

## *Possible Causes of Memory Loss*

- Drug Intoxication
- Depression
- Head Injury
- Stroke
- Dementia

**Memory:** The ability to store and retrieve information.



## *Ways to Prevent Memory Changes*

- Exercise Regularly; Include Memory Exercises—crossword puzzles, learn a new skill.
- Routine check-ups with your doctor & include a review of medications
- Have your eyes and ears checked.
- Eat a well-balanced diet. What's good for your heart is good for your brain!

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