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September 2016



## Memory and Healthy Aging

September is healthy aging month, a great time to learn the signs and symptoms associated with dementia and cognitive impairments. Physical activity, social engagement, and a healthy diet help prevent chronic conditions, but despite engaging in these healthy activities, some adults may develop memory loss or dementia.

Cognition is a combination of mental processes which include intuition, judgment, language, remembering, and the ability to learn new things.

When cognition is impaired (referred to as cognitive impairment or decline), a person has trouble with these processes which begin to affect the things he or she can do in everyday life.

The decline of cognitive health can have profound implications for an individual's health and well being. Older adults and others experiencing cognitive decline may be unable to care for themselves or conduct necessary activities of daily living.

If you are concerned you or someone you know has a serious memory problem, talk with your doctor. He or she may be able to diagnose the problem or refer you to a specialist, such as a neurologist or geriatric psychiatrist. Healthcare professionals who specialize in Alzheimer's and other dementias can recommend ways to manage the problem or suggest treatment or services which might help.



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