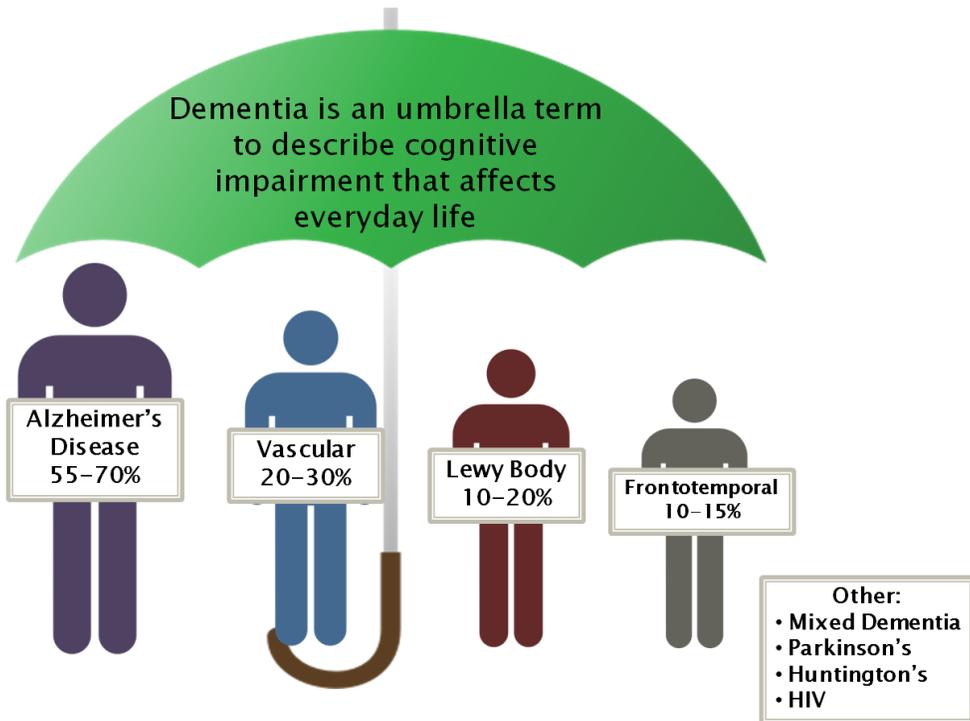
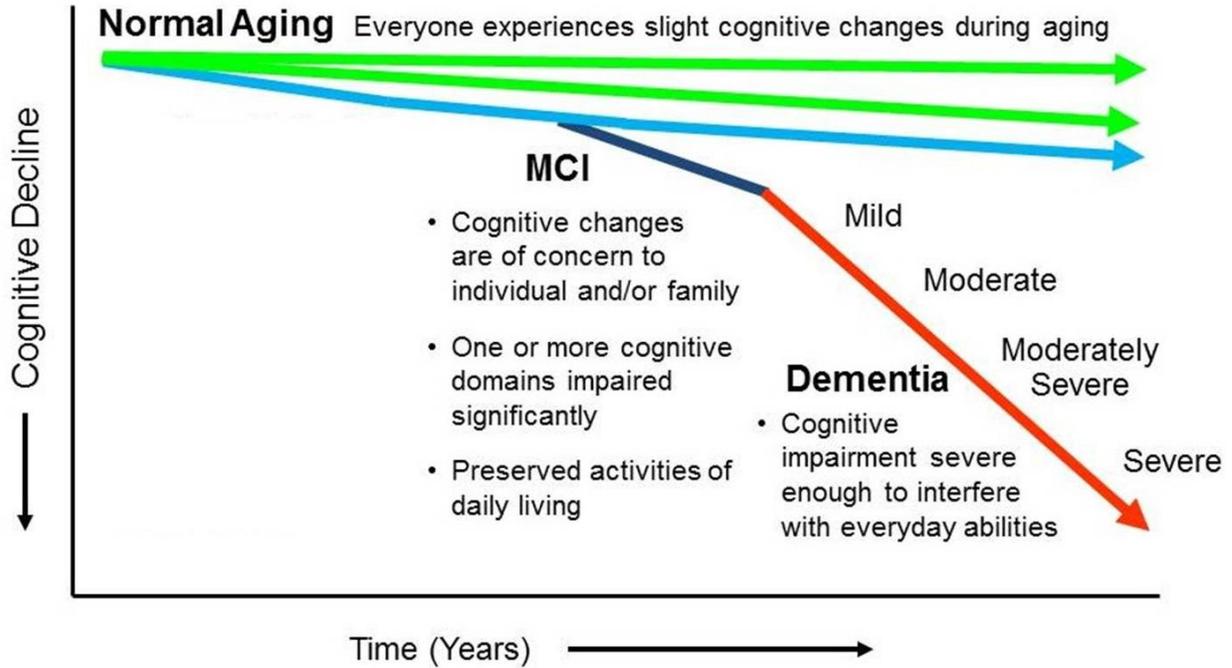


# Memory Loss: What's Normal, What's Not

Carolyn Parsey, PhD



## Discuss with your doctor if you notice:

- Challenges in problem-solving or reasoning
- Difficulty with daily tasks, long-standing hobbies, or simple/normal activities
- Confusing time or place
- Not recognizing familiar people or places
- Repeating questions *without* recollection
- Reminders or prompts are not helpful for recall
- Changes in personality or mood
- Odd or inappropriate behaviors

What's the difference?	
Signs of Alzheimer's/dementia	Typical age-related changes
Poor judgment and decision making	Making a bad decision once in a while
Inability to manage a budget	Missing a monthly payment
Losing track of the date or the season	Forgetting which day it is and remembering later
Difficulty having a conversation	Sometimes forgetting which word to use
Misplacing things and being unable to retrace steps to find them	Losing things from time to time

\*Infographic by the Alzheimer's Association

## Promoting Brain Health



- Routine check-ups for preventative care
  - Regular check-ups and labwork with your primary care provider
  - Hearing and vision exams
  - Consider medication side effects or interaction effects
- Manage Chronic Conditions
  - Diabetes management (diet, medications, insulin)
  - High blood pressure, high cholesterol
  - Sleep apnea or other sleep difficulties
- Address Treatable Causes of Cognitive Problems
  - Vitamin deficiency, hormonal imbalance, hypothyroidism
- Diet
  - Mediterranean Diet or 'MIND' diet
- Exercise
  - 30-40 minutes of mild to moderate exercise, at least 3-4 times per week
  - Walking, gardening, swimming or water aerobics, fitness or dance classes
- Mental Engagement & Relaxation
  - Keep up with hobbies. Try something new, or a little different
  - Stress-reduction activities, mindfulness meditation
- Social Engagement
  - Phone calls, visits with friends, letters or e-mails
  - Social groups, clubs, activities, volunteering

# WHAT'S ON THE **MIND DIET?**

 AT LEAST **THREE SERVINGS** OF WHOLE GRAINS EACH DAY

AT LEAST ONE DARK GREEN SALAD AND ONE OTHER VEGETABLE EACH DAY



**BERRIES AT LEAST TWICE A WEEK**

 AT LEAST A ONE-OUNCE SERVING OF NUTS EACH DAY 

  
**BEANS OR LEGUMES AT LEAST EVERY OTHER DAY**

**POULTRY AT LEAST TWICE A WEEK**



  
**FISH AT LEAST ONCE A WEEK**

NO MORE THAN ONE TABLESPOON A DAY OF BUTTER OR MARGARINE; CHOOSE OLIVE OIL INSTEAD



CHEESE, FRIED FOOD AND FAST FOOD NO MORE THAN ONCE A WEEK

**PASTRIES AND SWEETS LESS THAN FIVE TIMES A WEEK**



More information available on Mayo Clinic website:

<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/improve-brain-health-with-the-mind-diet/art-20454746>





## Puget Sound Area Resources

- University of Washington, Memory and Brain Wellness Center
  - <http://depts.washington.edu/mbwc/>
  - Living with Memory Loss Handbook
  - Support groups for people with memory loss and their partners
- UW Alzheimer's Disease Research Center
  - <http://depts.washington.edu/mbwc/adrc>
- Dementia Action Collaborative
  - <https://www.dshs.wa.gov/altsa/dementia-action-collaborative>
  - WA State Plan to Address Alzheimer's Disease and Other Dementias
  - Dementia Road Map
- Alzheimer's Association (WA Chapter)
  - <https://www.alz.org/alzwa>
- Area Agency on Aging (Seattle/King County)
  - <http://www.agingkingcounty.org/>
- Momentia Seattle
  - <http://www.momentiaSeattle.org>
- King County Caregiver Support Network
  - <https://www.kccaregiver.org/>
- Dementia Friends USA
  - [www.dementiafriendsusa.org](http://www.dementiafriendsusa.org)
- Seattle Parks and Recreation
  - [http://www.seattle.gov/parks/find/lifelong-recreation-\(50\)](http://www.seattle.gov/parks/find/lifelong-recreation-(50))
  - <https://www.seattle.gov/parks/find/dementia-friendly-recreation>
- Additional Online Resources
  - <https://depts.washington.edu/mbwc/resources/local-online-resources>

# Memory and Brain Wellness Center at Harborview

Visit Our Website!

<http://depts.washington.edu/mbwc/>

UW Medicine  
MEMORY & BRAIN  
WELLNESS CENTER

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*Promoting the well-being of those living with memory loss and their families.  
Exceptional care. Innovative research. Community transformation.*

**FEATURED STORIES**



**Talk About a Revolution: The Future of Voice Biomarkers in the Neurology Clinic**

Researchers can identify health problems using only samples of a patient's voice. Now, neurologists think that voice analysis has the potential to improve diagnosis and care for patients living with diseases such as Parkinson's or Alzheimer's.

**SPOTLIGHT**

• SPRING/SUMMER 2019

**DIMENSIONS**

The Magazine of the UW Alzheimer's Disease Research Center | UWADRC.ORG  
UW Memory and Brain Wellness Center

TALK ABOUT A REVOLUTION  
THE FUTURE OF VOICE BIOMARKERS IN THE NEUROLOGY CLINIC



Dimensions Magazine – Spring 2019

The new edition of Dimensions is full of exciting topics: Featured publications - Voice diagnostics - Busting myths about Alzheimer's treatments & diets - Diversity in research participation - Creating legacy while living with dementia - Poetry - Arts Showcase - Dementia awareness in WA State - and much more. Take a dive in! See the link below to read online. Hardcopies coming soon.

[Learn more !\[\]\(a05b5ee6d18cee2b872a8c0f91bf0476\_img.jpg\)](#)

**UPCOMING EVENTS**

**Garden Discovery Walk**  
Fri, June 07, 10:00am  
Join others with memory loss and their families for a walk through a public garden followed by a nature-inspired activity. Offered in partnership with Seattle Parks and Recreation. Program currently full. Sign up for the Waitlist: 206-615-0100, cayce.cheairs@seattle.gov.

**Alzheimer's Cafe at the Frye**  
Tue, June 11, 2:30pm  
Frye Art Museum  [map](#)  
A monthly social gathering for people with dementia and their loved ones at the Frye Art Museum's Cafe Frieda. Live music provided by the MBWC or local musicians. Optional pre-cafe gallery tour at 2 p.m.  
[More info !\[\]\(663f1ade0b7d86fbf47237d0de99ab8e\_img.jpg\)](#)

**Memory Loss: A Guide to Next Steps**  
Thu, June 13, 1:30pm  
Harborview Medical Center  [map](#)  
Have you recently been diagnosed with mild cognitive impairment or dementia? In this intro session, get your questions answered by an expert panel and go home with a copy of our Living with Memory Loss handbook.

