

Better Understand Your Brain with Age

Your brain ages just like the rest of your body. It's a natural process that starts at birth and continues throughout the lifespan. Just like exercising to keep your body healthy with age, there are steps you can take to help keep your brain healthy as well.

Many people confuse the changes that may occur with age with signs of a more serious memory problem. While some changes in memory, thinking, learning and decision making can occur with age, better understanding these potential changes will help you be prepared and aware of what to expect. These changes in memory are generally manageable and don't affect your ability to work and live independently or maintain a social life.

You can't prevent your brain from aging, but you can **take action** to optimize your brain and cognitive health.

Potential Signs of Aging

- Making a bad decision occasionally
- Missing a monthly payment
- Losing track of time
- Not being able to find the right words
- Needing to make lists to remember appointments or tasks
- Misplacing items around the house
- Occasionally forgetting a person's name and remembering it later



Signs of a More Serious Memory Problem

- Asking the same questions repeatedly
- Getting lost in familiar places
- Inability to follow instructions or directions
- Forgetting common words when speaking
- Becoming confused about time, people, or places
- Having changes in mood or behavior with no apparent reason

If you have concerns about your memory or any changes you're experiencing, talk with your doctor. Memory and thinking problems have many potential causes and working with your doctor to find the cause of the problem is an important first step in determining the best course of action for you. Sometimes the underlying problem can be treated and cognition – the ability to clearly think, learn and remember – improves.