

Don't Fear Memory Loss

As people age, they tend to their health by getting regular mammograms, PSA tests and physicals; and by having their eyes, ears and teeth checked. "But many people fail to have their brain's tested," says Sue Maxwell, Director of Older Adult Services. "Having your brain checked is just as important as having your eyes and ears checked."

Many people don't have their memory checked because they are afraid or they think its normal for older adults to lose their memory. "That's simply not true," says Sue. "Losing your memory is not a normal part of aging."

When it comes to memory loss, early detection is crucial, because once the memory is lost, it can not be regained. The earlier you get a diagnosis, the earlier you can take control.

Having your memory tested is simple, painless and free from Lee Memory Care. A Registered Nurse (RN) usually performs the screening by asking a series of questions designed to evaluate orientation, concentration and memory, and it takes place in a quiet, private room. Only the individual being tested and the nurse are present.

After the test, a neuropsychologist reviews the results and suggests whether or not follow up or more extensive testing is needed. It is important to note that a memory screening is not a diagnosis – it is simply a tool.

Memories are too precious to lose. Have yours tested today.