

Memory, Forgetfulness, and Aging: What's Normal and What's Not?

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UPSTATE | *Center of Excellence for
Alzheimer's Disease (CEAD)*
UNIVERSITY HOSPITAL

Today's Presentation Will Discuss:

- Normal age-related changes in memory and thinking
- Changes in memory and thinking that would prompt a conversation with a doctor
- How to speak with a provider about memory concerns
- Information on the different conditions that can cause memory loss
- Difference between Alzheimer's and Dementia
- Information on Central New York's Center of Excellence for Alzheimer's disease and how to become a patient.
- Quick tips on how to "age well"
- Q&A

Normal Aging of the Brain



Normal aging

Making a bad decision once in a while

Missing a monthly payment

Forgetting which day it is and remembering it later

Sometimes forgetting which word to use

Losing things from time to time

NIA (2020). Normal Aging [Chart]. National Institute on Aging

Signs It May Be Time to Speak With a Doctor

- Memory problems that make it hard to do everyday things
- Asking the same question or telling the same story to the same person repeatedly
- Getting lost in places a person knows well
- Having trouble following recipes or directions
- Becoming more confused about time, people, and places
- Not taking care of oneself

6 Tips from Magdalena Bednarczyk, MD

- Plan what you want to say
- Choose a time when you won't be rushed, and a setting that is quiet and unthreatening
- Be compassionate and helpful, not judgmental.
- Problem-solve together; don't dictate
- Try to decide on tangible, agreed-upon next steps
- Ask for help from a doctor, social worker or family member if necessary

Speaking With A Doctor

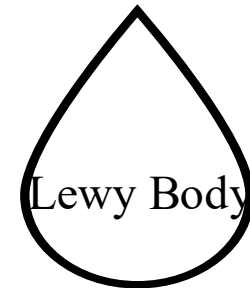
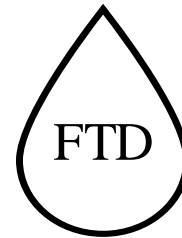
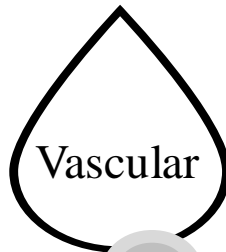
- Medicare Annual Wellness Visit
- A list of any changes in your health, including your mood, memory and behaviors.
- Be specific about the changes you've noticed
- Provide an up-to-date list of all medications, vitamins, and supplements you are taking.
- Answer questions honestly
- Consider a second opinion

What Are Potential Causes Memory Loss?

- Urinary Tract Infection
- Thyroid
- Vitamin deficiencies
- Depression and other mood disorders
- Medication Side Effects

Dementia

Set of symptoms such as memory loss, impaired judgment, changes in thinking and behavior that interferes with daily functioning.

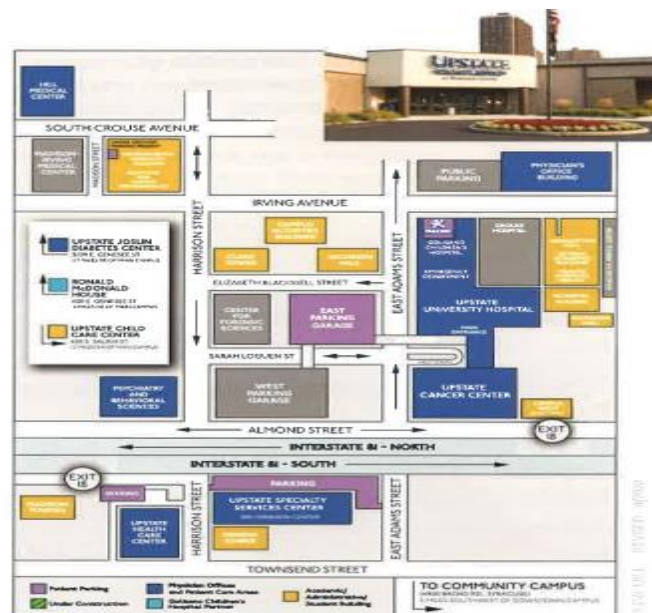


University Geriatricians

We Are:

- Specialists in the health care of older people
- An outpatient consultation service
- The Center of Excellence for Alzheimer's Disease
- No referral required

Located at:
550 Harrison Street
Suite A
Syracuse, NY 13202



Our CEAD Offers:

- State-of-the-art diagnosis and management of Alzheimer's disease and related dementias.
- Multidisciplinary team
- Care coordination with other Upstate departments including neuropsychology, pharmacy, and physical therapy.
- Collaboration with primary physicians and others specialists.



An Innovative Leader in the Management of Alzheimer's Disease

- We provide complete evaluations of medical, functional, cognitive, and psychosocial problems.
- We take an active, anticipatory, preventative approach.
- We help in coping with the health issues and social needs associated with aging.
- We provide ongoing medical and social work follow-up for patients with dementia and their families.
- We offer education, counseling, and guidance for families, caregivers, and other professionals.

How Do Doctors Determine A Diagnosis

An exam may consist of the following:

- Interviews and review of symptoms
- Physical evaluation
- Review of past and current medical history
- Cognitive testing
- Bloodwork
- Brain Imaging
- Neuropsychological Testing

How to Make an Appointment

- No referral is required however, must be established with primary care provider
- Patients and Families can contact **315-464-5166**
- To conduct a comprehensive assessment, we require records from primary care provider and specialists.
- Records and referrals can be faxed to our office at **315-464-9245**

Building a Team to Help You Age Well



Geriatric Wellness

1. Moving Daily
2. Eat Right
3. Doctor, Doctor
4. Stop Smoking and Limit Alcohol
5. Keep Your Mind Active



Geriatric Wellness

6. Stay Connected
7. Take Your Time
8. Challenge Your Mind
9. Self-love
10. Get a Good Night's Sleep



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Work Cited

<https://www.rush.edu/news/talking-about-memory-loss>

NIA (2020). Normal Aging [Chart].
National Institute on Aging