

# Family Caregiver Health Bulletin



**JULY 2015**

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K-State Research & Extension  
Atchison County Office  
405 Main/PO Box 109  
Effingham, KS 66023  
913-833-5450

## THIS MONTH'S TOPIC: IS MY MEMORY "NORMAL?"



It is not uncommon to forget a name or to not recognize a face, but as we get older, such failing to remember may cause some people to worry. According to AARP, an estimated 5.4 million Americans live with Alzheimer's disease, a type of progressive dementia that impairs memory, thinking and behavior. According to the CDC, approximately, "4 million American households include at least one adult suffering from increasing memory loss or confusion." With fears of memory loss, worry about caregiving and woes regarding how to protect or strengthen memory, more and more research is looking at how lifestyles and daily routines affect the mind.

The neurology Institute for Brain Health and Fitness, run by Dr. Majid Fotuhi, M.D., Ph.D. is a "cutting-edge cognitive clinic" that works with a range of people, including various ages and different stages of cognitive decline, from people worrying about memory loss, to people

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suffering from concussions, to people with late stage memory decline. Clinic patients receive personalized "brain fitness programs" that aim to help prevent and/or fix memory problems, cut the risk of mental decline and improve working memory.

Based on 25 years of research, training and teaching, Dr. Fotuhi put together the following "brain fitness calculator" to help people reach a better idea of how they can enhance brain health. It is important to note that Fotuhi's questionnaire is a general screening tool and NOT an assessment for diagnosis or treatment. The assessment reinforces that lifestyle decisions and behaviors influence brain health and it helps reinforce ways in which you can improve your life and subsequently your brain health.

### Highlighted lifestyle choices include:

- Low stress
- No smoking
- No or low alcohol use
- Laughter
- Healthy blood pressure
- Sleep
- Physical activity
- Safety
- Upbeat mood
- Good nutrition
- Mindful meditation
- Positive attitude
- Memory stimulation
- Interest in learning new things
- Good nutrition and healthy eating

### REFERENCES:

- Alzheimer's Association. (2015). What is Alzheimer's? Retrieved May 12, 2015 from [http://www.alz.org/alzheimers\\_disease\\_what\\_is\\_alzheimers.asp](http://www.alz.org/alzheimers_disease_what_is_alzheimers.asp)
- AARP. (2013). Memory: Is mine normal? Retrieved May 12, 2015 from: <http://www.aarp.org/health/brain-health/info-06-2013/memory-is-mine-normal.html>
- Today's Health. (2015). Memory matters: Take the brain fitness calculator. Retrieved May 12, 2015 from <http://www.today.com/health/memory-matters-take-brain-fitness-calculator-t7546>

### Brain Fitness Calculator

*The Fotuhi Brain Fitness Calculator can be downloaded from Today Health (published March 10, 2015) at:*

<http://www.today.com/health/memory-matters-take-brain-fitness-calculator-t7546>



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**Health Bulletin**

**Written by:** Amy Hosier, Ph.D.  
Extension Specialist for Family Life  
**Edited by:** Connee Wheeler  
**Designed by:** Rusty Manseau  
**Stock images:** 123RF.com

