

MEMORY DISORDERS

There is help available for memory disorders.

Both old and young people can be forgetful. Almost everyone occasionally forgets names or that they have already told someone the same thing before. There may be various reasons for this. Most of the causes of memory loss can be treated. Memory disorders are common for both working age and old age.

Memory disorder may be caused by:



MAJOR CHANGES IN LIFE CIRCUMSTANCES, SUCH AS IMMIGRATION



TRAUMATIC EXPERIENCES



MISUSE OF MEDICINE, ALCOHOL, CIGARETTES OR DRUGS



DEPRESSION, LONELINESS AND FEELING DOWNHEARTED



INSOMNIA, TIREDNESS, FATIGUE

Depression and insomnia weaken your memory, because they worsen your ability to be alert and concentrate. Depressed individuals struggle to focus on learning.



STRESS AND ANXIETY

Stress and worries overload your working memory. Prolonged stress may lead to fatigue and depression that in turn are risk factors for dementia and Alzheimer's.

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CONDITIONS AND ILLNESSES THAT CAN BE CURED

For example, deficiency in folic acid and B vitamins, thyroid disorder and high blood sugar.



PERMANENT AFTER EFFECTS OF STROKE, BRAIN HEMORRHAGE OR BRAIN DAMAGE



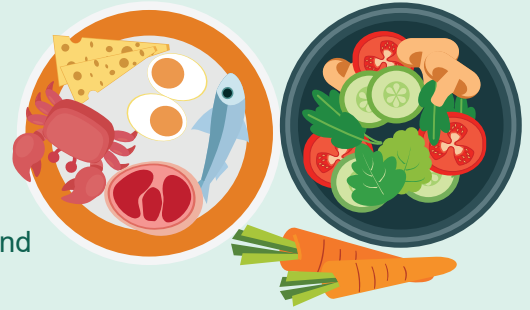
DEMENTIA AND ALZHEIMER'S



TAKE CARE OF YOUR MEMORY BY

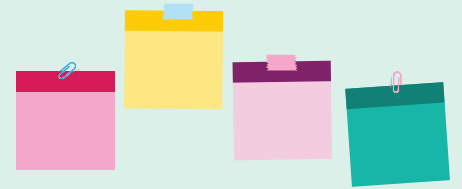


Resting well



Having a healthy and varied diet

Activating and exercising your brain



Supporting your memory using post-its and a calendar

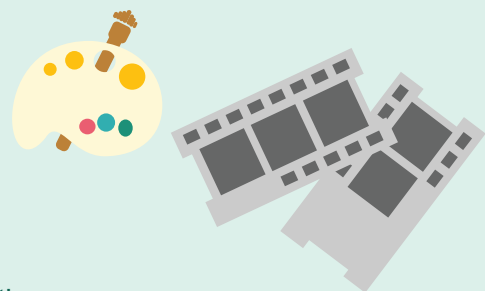
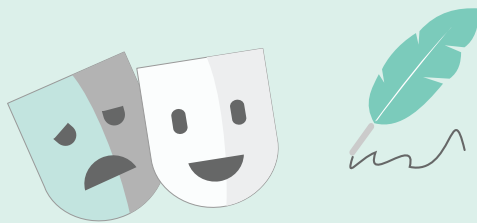
Spending time with friends



Finding an enjoyable way to exercise



Using a helmet and thereby protecting your head



Enjoying cultural activities

Doing things that you enjoy

Sources Muisti käyttö ja huolto-ohjeet, Muistiopas: Muistiliitto www.muistiliitto.fi
Muistiavain-opas: Helsingin Alzheimer-yhdistys ry
Työ ja terveys Suomessa -tutkimus: työterveyslaitos www.ttl.fi
Terveyskirjasto Duodemic www.terveyskirjasto.fi, Maamu-raportti: THL www.terveyskirjasto.fi
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