

# HOW IS YOUR MEMORY?

## Screening Questionnaire

Place a check mark in the columns corresponding to the questions that apply to you or the person you are evaluating. To give yourself the most complete picture, have another person who knows you well also answer the questions (such as a spouse, partner, child, sibling, parent, or close friend or colleague).

Severity	Progression	Brain Area Dementia Questions
Yes, Present Now	A Lot Worse Than 10 Years Ago	<b>TEMPORAL LOBES</b>
		Is there frequent difficulty remembering appointments?
		Is there frequent difficulty remembering holidays or special occasions such as birthdays or weddings?
		Is there frequent difficulty remembering to take medications or supplements?
		Is there frequent difficulty finding the right words during conversations or retrieving the names of things?
		Are there frequent episodes of irritability, anger, aggression, or a "short fuse" for little-to-no-reason?
		Are there frequent feelings of suspiciousness, paranoia, or hypersensitivity without a clear explanation or reason why?
		Is there a frequent tendency to misinterpret what one hears, reads, or experiences?
		<b>Temporal Lobe Progression And Severity Totals</b> (add up the total number of checks for this section in each column)
Yes, Present Now	A Lot Worse Than 10 Years Ago	<b>FRONTAL LOBES</b>
		Is there frequent difficulty recalling events that occurred a long time ago?
		Is there frequent difficulty with judgments (i.e., knowing how much food to buy)?
		Is there frequent difficulty thinking things through (reasoning)?
		Is there frequent difficulty handling finances or routine affairs that used to be done without difficulty?
		Is there frequent trouble sustaining attention in routine situations (i.e., chores, paperwork)?
		Is there frequent difficulty finishing chores, tasks or other activities?

		Is there frequent difficulty with organizing and planning things?
		Are there frequent feelings of boredom, loss of interest, or low motivation to do things that were previously enjoyed.
		Is there a frequent tendency to act impulsively (i.e., saying or doing things without thinking first)?
		<b>Frontal Lobe Progression And Severity Totals</b> (add up the total number of checks for this section in each column)
Yes, Present Now	A Lot Worse Than 10 Years Ago	<b>PARIETAL LOBES</b>
		Are there frequent wrong turns or episodes of getting lost traveling to well known places (direction sense)?
		Are there frequent problems judging where you are in relationship to objects around you (i.e., bumping into things in a dark, familiar room)?
		Is there frequently a problem recognizing objects just by their feel?
		Are left and right often confused?
		Is there frequent trouble learning a new task or skill?
		<b>Parietal Lobe Progression And Severity Totals</b> (add up the total number of checks for this section in each column)
		<b>Total Progression and Severity Scores</b>

### Questionnaire Interpretation

Add your scores in each area and use the key on the next page to determine their meaning.

**Severity Score:** The number of abilities or behaviors where there is frequent difficulty.

Severity Score = The number of rows where the left column is checked.

Severity Score = \_\_\_\_\_

**Progression Score:** The number of abilities or behaviors that are a lot worse than ten years ago.

Progression Score = The number of rows where the right column is checked.

Progression Score = \_\_\_\_\_

### Interpreting The Severity And Progression Scores

A. If both the Severity Score and the Progression Score are 0, then there does not seem to be a problem. Have your partner or significant other verify your answers.

B. If the Severity Score is two or the Progression Score is one and neither of them are three or higher, then there may be an early stage problem or this could be normal aging. If there is any concern about a problem by you or others, then proceed with further testing, such as the memory test found on [www.amenclinics.com](http://www.amenclinics.com), the work up described below, or by your physician. An evaluation for depression should also be done if there is any sad mood or loss of motivation. A memory enhancement protocol may be helpful, including: physical and mental exercise to boost nerve growth factors. Avoid any behaviors that increase the risk for a brain injury and take a fish oil to boost the level of omega-3 fatty acids in the brain. Consider NeuroMemory, which contain huperazine A, and Brain Vitale, which contains, ginkgo, phosphatidylserine, and acetyl-l-carnitine, produced by the Amen Clinics.

C. If either the Severity Score is three or higher or the Progression Score is two or higher, then the chance of cognitive impairment or dementia is increased. Your memory should be further evaluated by the testing found on [www.amenclinics.com](http://www.amenclinics.com), the work up described below, or by your physician. An evaluation for depression should also be done if there is any sad mood or loss of motivation. A memory enhancement protocol may be helpful, including: physical and mental exercise to boost nerve growth factors. Avoid any behaviors that increase the risk for a brain injury and take fish oil to boost the level of omega-3 fatty acids in the brain. Consider NeuroMemory, which contain huperazine A, and Brain Vitale, which contains, ginkgo, phosphatidylserine, and acetyl-l-carnitine, produced by the Amen Clinics.

## **Types of Memory**

Memory is a recording of one's experiences stored in the brain – be it an interesting conversation, a piece of information, a "memorable scene," or notable event. There are 3 types of memories differentiated by the time lapse between the experience and the recall of that experience. Each type of memory activates different brain areas when one attempts to recall it.

Working memory resides in the frontal lobe and lasts less than a minute. This form of memory is commonly referred to as one's attention span and lasts up to one minute before being erased. Trying to memorize and dial a telephone number that someone just gave you is an example of working memory.

Short-term memory resides in the medial temporal lobe and lasts a few minutes to a few weeks before being erased. When you try to recall a conversation or a phone number learned a few minutes to a few weeks ago, these brain areas are activated. Not all of one's moment-to-moment experiences activate short-term memory. Only those experiences that are novel, interesting, or those that one intended to remember will sufficiently stimulate nerve cells in the medial temporal lobe to record them.

Long-term memory can last a lifetime. Scientists are not yet certain which brain areas are directly involved in long-term memory. When one tries to recall their first love or the name of a school they went to as a child, they are accessing their long-term memory.

## Understanding and Treating Memory Loss

The predominant cause of memory loss is a family of diseases called Alzheimer's Disease and related disorders (ADRD) which includes but is not limited to Alzheimer's Disease, vascular dementia, Parkinson's Disease, and Frontal Lobe dementia. In addition to ADRD, many other conditions cause memory loss. The tables that follow list the major causes of memory loss, the appropriate treatment, and the result of treatment.

### Alzheimer's Disease and Related Disorders

Disease	Treatment	Result of Treatment
Alzheimer's Disease	Cholinesterase inhibitor and glutamate modulation	Stabilization and sometimes improvement
Parkinson's Disease	Dopaminergic stimulation	Stabilization and sometimes improvement
Frontal Lobe Dementia	No established treatment	Not applicable
Vascular Disease	Treat illness and risk factors	Stabilization and sometimes improvement

### Other Causes of Memory Loss and Dementia

Disease	Treatment	Result of Treatment
Anxiety	Anti-anxiety supplements or meds	Improvement
ADHD	Stimulant supplements or meds	Improvement
Depression	Antidepressant supplement or meds	Improvement
Thyroid disease	Thyroid hormone	Improvement
Diabetes	Diet, exercise, meds	Improvement
Metabolic problems	Diagnose etiology and treat	Improvement
Alcohol dependence	Alcohol cessation	Improvement
Drug abuse	Drug cessation	Improvement
Vit. B-12 deficiency	Vit. B-12 replacement	Improvement
Vit. D deficiency	Vit. D replacement	Improvement
Brain infections	IV antibiotics	Improvement
Medications	Adjust medication	Improvement
Fatigue	Diagnose cause and treat	Frequent improvement
Head injury	Cognitive therapy and medication	Frequent improvement
Hydrocephalus	Shunt	Frequent improvement
Cancer	Diagnose and treat	Frequent improvement
Cancer chemotherapy	Brain healthy program	Frequent improvement