

ELDER LAW REVIEW

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Memory Loss and Aging

My grandfather has always worried about his failing memory; which got me thinking, do aging and memory loss go hand-in-hand? Not necessarily! Everyone forgets things from time to time! Forgetfulness sees no age. It is merely a normal side effect of stress, distractions, multitasking and, yes, sometimes getting older. There are many ways to combat memory loss. Keeping your mind strong and youthful starts with a just few small things you can do. Such as:

- Get Sleep! Being sleep deprived keeps your mind from working to the fullest!
- Eat Omega-3's found in tuna, salmon, walnuts or soybeans. You can always take a supplement if you fear your diet doesn't allow for this.
- Stay Active! Exercise increases oxygen to the brain helping it to work at its best.
- Laugh! Laughter engages numerous regions across the entire brain.
- Control Stress! Chronic Stress can destroy brain cells and damage certain parts of the brain responsible for storing and retrieving memories.
- Socialize! Meaningful interaction with loved ones close to you is one of the best brain exercises for you.

In severe cases memory loss could be the beginning signs of dementia. Recognizing early signs, getting tested and starting a treatment plan early is key in handling any form of dementia. Just over half of aging adults NEVER see a doctor regarding their failing memories or small signs of memory loss. Many think if they get tested then all basic rights will be taken and they

will have nothing left. Early evaluation and identification will help families have more time to find the best care, medications, and easiest route for your family. Early detection can also aide preventative measures, such as knowing what to watch for.

Some dementia warning signs include:

- Confused thinking and excessive concern
- Extreme highs and lows in mood
- Exhaustion and anxiety
- Strong feelings of anger
- Withdrawing socially
- Unexplained physical problems
- Changes in sleeping or eating habits
- Getting lost
- Poor Judgement

Medications are available to aid with the symptoms, and while they don't prevent dementia, they DO help families maintain a level of normalcy during this time.

You are your best asset! Take charge, get treatment early, and live your life to the fullest.

Pluto Legal, PLLC offers a no cost consultation. We can help with all options available for your unique situation. Please call 1-866-457-3131 and schedule your no cost consultation today!

We have many free, educational workshops coming up, so please give us a call, toll free at 1-866-457-3131 or visit our website

www.PlutoLegal.com to see when our attorneys will be presenting a workshop in your area.

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