



A MINUTE OF HEALTH WITH CDC

Memory Maintenance

*Difficulties Associated with Self-Reported Confusion or Memory Loss
Among Adults Aged ≥ 60 Years – United States, 21 States, 2011*

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[Announcer] This program is presented by the Centers for Disease Control and Prevention.

One in eight adults over 60 report increased confusion or memory loss over the past year. Signs of serious memory problems include getting lost in familiar places, trouble handling money, and repeating questions. These changes often lead to social isolation and limit the ability to live independently. Cognitive decline caused by medications or depression can be treated. However, many cognitive disorders can't be treated. Early detection allows families to anticipate needs and plan for the future.

If you're concerned about memory loss, talk to a health care provider.

Thank you for joining us on *A Minute of Health with CDC*.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.