

Testing your memory's health

Many people think they may have Alzheimer's disease when they have little reason to worry.

In fact, more than 95 percent of people in their 60s don't have Alzheimer's. They may have age-associated memory changes or mild cognitive impairment.

But it's never too early to talk to your doctor about your memory health concerns.

At the Center for Memory and Brain Health, a program of the LifeBridge Health Brain & Spine Institute, director Majid Fotuhi, M.D., Ph.D., uses memory and cognitive tests to determine whether a patient has depression, has mild cognitive impairment, or is experiencing Alzheimer's disease. These tests identify problems with short- and long-term memory, as well as attention span, language skills and problem-solving abilities.

Here is a sample test Dr. Fotuhi developed for his book "The Memory Cure: How to Protect Your Brain Against Memory Loss and Alzheimer's Disease."

Take the test to help gauge your memory health. To see how to interpret your test results, visit finallyanswers.com.



Dr. Majid Fotuhi, director of the Center for Memory and Brain Health, a program of the LifeBridge Health Brain & Spine Institute

1. Who is the president of the United States? Describe some of the current affairs in the news this week.
2. What are the names of your grandchildren?
3. What is today's date? Without looking, what time do you think it is?
4. How would you go from your house to the nearest grocery store?
5. Spell the word castle backward.
6. Name the letters of the alphabet backward, starting from the letter J.
7. Name as many fruits as you can in one minute.
8. Say these four words out loud. Try to remember them. You will be asked about them again later:
 - a. Car
 - b. Red
 - c. February
 - d. Sky
9. Draw a clock. Put the hands of the clock so that it shows the time to be twenty-five minutes past seven.
10. Without looking above, what were the four words you were asked to remember?
11. How many dimes are there in \$1.40?

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For test answers, visit finallyanswers.com



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