



## Your Memory and You

by Barbara Stahura

Have you heard yourself say, ***"I can't remember the name of that interesting woman I just met at yesterday's TTN event? I'm afraid I'll forget everything soon"***? You are not alone!



Even beginning as early as our thirties, our short-term memory becomes less acute! For most of us the ability to retain longer-term memories is maintained throughout our lifespan, but increasing short-term memory loss as we grow older is a matter of concern.

New research in the area of "cognitive science" provides evidence that we can continue to create new cells in our brains as we age! There are many ways to "exercise" our short-term memory capacity, as well as easy techniques to help us remember the names of new acquaintances, what we've read, and the location of our reading glasses.

**Here are opportunities to expand your understanding about memory changes and treatments:**

### **The Caring Collaborative Presentation:**

[Memory: Its Workings and Wellness, November 10, 2016.](#) This will feature a talk by Jane Martin, PhD, on *Memory Functioning and Wellness*. She will bring us up to date on all that is being done in brain research – the important issues of normal aging vs cognitive impairment, and the latest in research and clinical care for memory disorders.

*Good news:* Dr. Martin will provide many positive tips and strategies on improving our memories and that of those we care about. She will also give us a better understanding and action plans regarding the all-important interrelationships among nutrition, physical activities and brain health.

For example, cases of serious cognitive impairment and Alzheimer's disease have a lot in common with heart disease. The buildup of amyloid plaques in the brain follows a similar mechanism to the clogging of arteries caused by heart disease. (A good mantra for cutting your risk factors is "Whatever is good for the heart is good for the head!")

We have all become increasingly aware of the more serious side of memory decline -



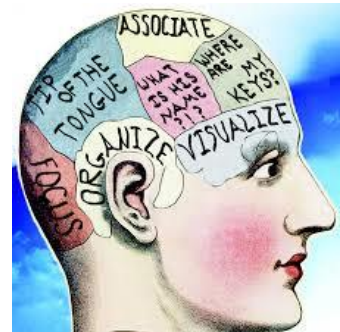
the rise in cases of dementia and Alzheimer's as the wave of Baby Boomers grows older, so it benefits us to have a clearer understanding of what the risk factors are and what we can do to impact them.

There are increasingly positive developments in cognitive research and we will hear about the most recent findings and significant breakthroughs on that front, including PET imaging which allows measurement of the level of plaque in the brain and enables us to see changes before they become symptomatic. Researchers are hopeful now of finding ways to manipulate this amyloid material therapeutically. Dr. Martin is Director of Mount Sinai's Neuropsychological Testing and Evaluation Center, and Assistant Professor at the Alzheimer's Disease Research Center. She is a noted speaker and researcher on women's cognitive lifespan changes.

***Join us for this factual and encouraging session on our amazing Brains!***

[Register for the program here](#)

**Treatment Centers:** There are three National Institute on Aging-funded Comprehensive Memory Evaluation and Alzheimer's Treatment Centers in New York City. All provide testing, clinical care and research.



Consider utilizing one of these centers if you are concerned about your memory, or to participate in one of their research projects tracking healthy volunteers as well as individuals with cognitive impairment. The centers are important sources of new knowledge about preserving memory function and treating memory loss.

### **Mount Sinai School of Medicine**

Alzheimer's Disease Research Center, Dept. of Psychiatry,  
One Gustave Levy Place - East 98 Street, New York, NY 10029

Website: [www.mssm.edu/research/adrc](http://www.mssm.edu/research/adrc) Information Line: [212-241-8329](tel:212-241-8329)

### **New York University**

NYU Langone Medical Center - Center of Excellence on Brain Aging  
145 E 32<sup>nd</sup> Street, New York, NY 10016

Website: [www.med.nyu.edu/adc](http://www.med.nyu.edu/adc) Information Line: [212-263-8088](tel:212-263-8088)

### **Columbia University**

Columbia University Alzheimer's Disease Center  
630 West 168th Street, New York, NY 10032

Website: [www.alzheimercenter.org](http://www.alzheimercenter.org) Information Line: [212-305-2077](tel:212-305-2077)