Memory

URL of this page: http://www.nlm.nih.gov/medlineplus/memory.html

Your mind works a lot like a computer. Your brain puts information it judges to be important into "files." When you remember something, you pull up a file. Memory doesn't always work perfectly. As people grow older, it may take longer to retrieve those files. Some adults joke about having a "senior moment."

It's normal to forget things once in a while. We've all forgotten a name, where we put our keys, or if we locked the front door. Seniors who forget things more often than others their age may have mild cognitive impairment. Forgetting how to use the telephone or find your way home may be signs of a more serious problem. These include Alzheimer's disease or other types of dementia, stroke, depression, head injuries, thyroid problems, or reactions to certain medicines. If you're worried about your forgetfulness, see your doctor.

NIH: National Institute on Aging

Start Here
  Also available in Spanish [http://www.nia.nih.gov/node/828]

Overviews
- Coping with Memory Loss [http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm107783.htm] (Food and Drug Administration)

Latest News

Diagnosis/Symptoms
Treatment


Prevention/Screening

- Memory Loss: 7 Tips to Improve Your Memory [http://www.mayoclinic.com/health/memory-loss/HF00001/METHOD=print] (Mayo Foundation for Medical Education and Research)
- Suggesting a Memory Screening [http://www.alzinfo.org/12/alz-guide/suggest-memory-screening] (Fisher Center for Alzheimer's Research Foundation)

Alternative Therapy


Specific Conditions

- Agnosia [http://www.ninds.nih.gov/disorders/agnosia/agnosia.htm] NIH (National Institute of Neurological Disorders and Stroke) - Short Summary
- Amnesia [http://www.mayoclinic.com/health/amnesia/DS01041/METHOD=print] (Mayo Foundation for Medical Education and Research)
- Dissociative Disorders [http://www.mayoclinic.com/print/dissociative-disorders/DS00574/DSECTION=all&METHOD=print] (Mayo Foundation for Medical Education and Research)
- Prosopagnosia [http://www.ninds.nih.gov/disorders/prosopagnosia/Prosopagnosia.htm] NIH (National Institute of Neurological Disorders and Stroke) - Short Summary
- Transient Global Amnesia [http://www.mayoclinic.com/print/transient-global-amnesia/DS01022/DSECTION=all&METHOD=print] (Mayo Foundation for Medical Education and Research)

Related Issues

- Chemo Brain [http://www.mayoclinic.com/print/chemo-brain/DS01109/METHOD=print&DSECTION=all] (Mayo Foundation for Medical Education and Research)

Videos

- If I Had - A Memory Problem [http://www.insidermedicine.com/Archives/If_I_Had__A_Memory_Problem_-_Dr_Barry_Gordon_MD_PhD__2023.aspx] (Insidermedicine)
- Sleep, Learning, and Memory [http://healthysleep.med.harvard.edu/video/sleep07_stickgold_learning] (Harvard Medical School)

Anatomy/Physiology

Clinical Trials
• ClinicalTrials.gov: Amnesia [http://clinicaltrials.gov/search/open/condition=%22Amnesia%22] NIH (National Institutes of Health)
• ClinicalTrials.gov: Memory [http://clinicaltrials.gov/search/open/condition=%22Memory%22] NIH (National Institutes of Health)
• ClinicalTrials.gov: Memory Disorders [http://clinicaltrials.gov/search/open/condition=%22Memory+Disorders%22] NIH (National Institutes of Health)
• ClinicalTrials.gov: Memory [http://clinicaltrials.gov/search/open/condition=memory] NIH (National Institutes of Health)

Research
• Berries Are Good for the Brain... [http://www.alzinfo.org/12/articles/berries-good-brain] (Fisher Center for Alzheimer's Research Foundation)

Journal Articles
References and abstracts from MEDLINE/PubMed (National Library of Medicine)

Organizations
• National Institute of Mental Health [http://www.nimh.nih.gov] NIH
• National Institute of Neurological Disorders and Stroke [http://www.ninds.nih.gov] NIH
  Also available in Spanish [http://espanol.ninds.nih.gov]
• National Institute on Aging [http://www.nia.nih.gov] NIH
  Also available in Spanish [http://www.nia.nih.gov/Espanol/]

Children
• Memory Matters [http://kidshealth.org/kid/health_problems/brain/memory.html] (Nemours Foundation)
  Also available in Spanish [http://kidshealth.org/kid/en_espanol/sentimientos/memory_esp.html]

Seniors
• Eldercare at Home: Memory Problems [http://www.healthinaging.org/resources/resource:eldercare-at-home-memory-problems/] (AGS Foundation for Health in Aging)

Patient Handouts
• Memory loss [http://www.nlm.nih.gov/medlineplus/ency/article/003257.htm]
  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/ency/article/003257.htm]
• Mental status testing [http://www.nlm.nih.gov/medlineplus/ency/article/003326.htm]
Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/ency/article/003326.htm]

  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/ency/article/002046.htm]

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The primary NIH organization for research on Memory is the National Institute of Neurological Disorders and Stroke [http://www.ninds.nih.gov/]

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