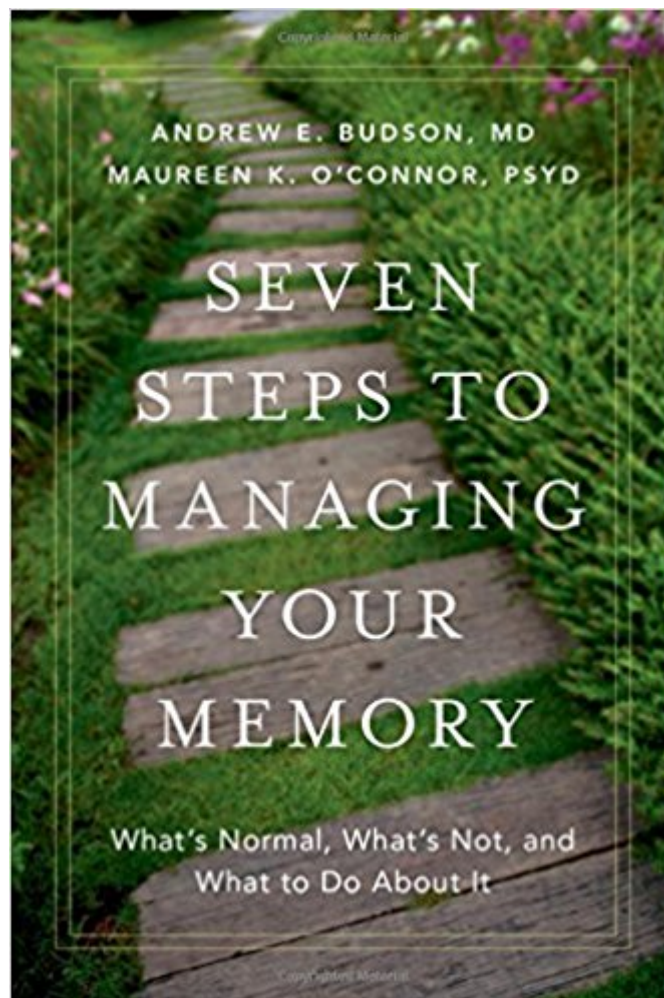




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# **Seven Steps To Managing Your Memory: What's Normal, What's Not, And What To Do About It**



## Synopsis

As you age, you may find yourself worrying about your memory. Where did I put those car keys? What time was my appointment? What was her name again? With more than 41 million Americans over the age of 65 in the United States, the question becomes how much (or, perhaps, what type) of memory loss is to be expected as one gets older and what should trigger a visit to the doctor. *Seven Steps to Managing Your Memory* addresses these key concerns and more, such as...  
• What are the signs that suggest your memory problems are more than just part of normal aging?  
• Is it normal to have concerns about your memory?  
• What are the markers of mild cognitive impairment, dementia, Alzheimer's, and other neurodegenerative diseases?  
• How should you convey your memory concerns to your doctor?  
• What can your doctor do to evaluate your memory?  
• Which healthcare professional(s) should you see?  
• What medicines, alternative therapies, diets, and exercises are available to improve your memory?  
• Can crossword puzzles, computer brain-training games, memory aids, and strategies help strengthen your memory?  
• What other resources are available when dealing with memory loss? *Seven Steps to Managing Your Memory* is written in an easy-to-read yet comprehensive style, featuring clinical vignettes and character-based stories that provide real-life examples of how to successfully manage age-related memory loss.

## Book Information

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## Customer Reviews

"Memory concerns are common and addressing them in practical terms is rare. Andrew Budson and Maureen O'Connor take on this challenge in *Seven Steps to Managing Your Memory*, providing understandable real-world advice about how to know if memory is normal or abnormal and how to

understand what memory impairment means. Treatment recommendations range from medications used in diseases such as Alzheimer's to lifestyle recommendations including exercise, nutrition, memory fitness, and memory aids. The advice is practical, comprehensible, and valuable - don't forget this book."--Jeffrey Cummings, MD, ScD, Cleveland Clinic Lou Ruvo Center for Brain Health, Las Vegas, NV "Memory impairment, caused by brain dysfunction, is a common and terribly disabling disorder. This book provides a comprehensive review of how the brain stores memories, the causes of memory disorders and how these disorders should be evaluated, treated and managed. This book is so clearly written that it provides valuable information and practical advice for people with memory disorders, their families and health-care professionals."--Kenneth M. Heilman, MD, Department of Neurology, University of Florida College of Medicine, Gainesville, FL "Drs. Budson and O'Connor, experts in behavioral neurology and neuropsychology, have produced a highly readable book on memory disorders and what to do about them. The book combines scientific data from the research literature, clinical knowledge, and their extensive experience to offer a helpful, practical guide to managing concerns that older people may have when their memories start to falter."--Martin L. Albert, MD, PhD, Professor of Neurology, Boston University School of Medicine, Boston, MA "This thoughtful book offers insight into how the mind works and provides answers to fears about 'losing our memory'. Through a series of vignettes, the authors help sort fact from fiction and, by the end of the book, the reader will be comforted to learn that being unable to find the keys for the tenth time in a week is likely the result of an overtaxed mind rather than something more serious. In this world of media bombardment and multitasking, here is a book that provides just the reassurance we need. A 'must read' for everyone over the age of 40. Just don't forget to buy it!" --Cecilia McVey, RN, MHA, Certified in Nursing Administration, Boston, MA

Andrew E. Budson, MD, majored in chemistry and philosophy at Haverford College before receiving his medical degree from Harvard Medical School. Dr. Budson is Professor of Neurology at Boston University, Lecturer in Neurology at Harvard Medical School, and Chief of Cognitive & Behavioral Neurology at the Veterans Affairs Boston Healthcare System. His career combines education, research, and clinical care to help those with memory disorders. Maureen K. O'Connor, PsyD, was educated at Ithaca College, Indiana University of Pennsylvania, and Yale University School of Medicine. Dr. O'Connor is Assistant Professor of Neurology at Boston University, Director of Neuropsychology at the Bedford Veterans Affairs Hospital, and Member at Large of the National Academy of Neuropsychology. Her award-winning research, education, and clinical care focuses on patients with memory disorders.

Now that I am of a 60-something age with more frequent visits to my address book or Google--just to prompt my memory--than I would care to disclose, this book offered an easy, clear but authoritative way to help me determine if I am normal or should be worried. Reading the credentials of the authors--I was reassured that the advice would be credible. I was amazed by the readability of this book. It gave me a good sense of the normal, the expected consequences of aging, the possible as well as more definite signs of danger. It also detailed things I wanted to hear:--how I could better preserve memory (thanks for suggesting that it's ok to quickly review my guest list prior to the party--I was fearing that was a danger sign)--how to stay as memory healthy as possible (I did not renew my Luminosity subscription and have never gotten a thrill from obscure crossword puzzles--and according to the authors--thus far--science doesn't yet confirm that they are helpful)--a quick supplements and drug review (fish oil isn't yet confirmed either!)--strategies for remembering--quite brief but it was nice to see all of the tips in one place--a fairly extensive discussion of Alzheimer's and other memory disorders along with some therapies--having determined I was within the "normal range" --I breezed thru this...but was interested to see the number of effective drugs used to treat Alzheimer's! It's possible to cover lots of ground with this book in a short time! I emerged with answers to my questions. My daughter grabbed the book from me to read thru the discussion on memory theory and strategies--something she has written about in school.

This is a fantastic book which is engaging, informative and a great read; I'd strongly recommend it for anyone who has a friend or family member suffering from memory problems.

I was quite excited to read Drs. Budson and O'Connor's book because of the great need for a practical guide to the nature, assessment, and management of memory disorders. Memory loss and Alzheimer's Disease are amongst the most feared conditions of older adults. Budson and O'Connor provide information to help people understand and distinguish the "normal" failures of memory associated with aging from those that suggest a more significant issue. One of the great gems of this extremely well-written guide is that it also provides a clear perspective on how memory doctors (neurologists, neuropsychologists, etc) evaluate and interpret their assessments that will undoubtedly help demystify this process for patients. Finally, they offer lifestyle tools that support the integrity of memory and thinking and are grounded in evidence-based science, as well as pointing out some interventions that are touted, but without this grounding. I strongly recommend

this book for any individual worried about his or her memory, as well as their family members.

I work in a Memory Clinic and have so many clients with questions relating to what is normal and what is not-so-normal in age related memory changes. This book by Budson and O'Connor is one I will recommend to all of my clients, family, and friends without hesitation. It is written by credentialed professionals to be understood by everyone. It is a thorough compilation meant to provide the answers to everyday questions related to memory. I highly recommend it without hesitation.

This book is educational, entertaining, and easy to read! It was a perfect gift for my parents who are in their 60s. The vignettes woven throughout the book made it personal and less scientific which kept my attention as I read. I really enjoyed reading about lifestyle changes that can be made to aid in maintaining memory. I highly recommend this book for older adults and for the children of these older adults!

A wonderful book, very accessible, very engaging -- and yet packed with invaluable information. I particularly appreciated how the fictional/composite stories about patients brought the science alive. Definitely plan on giving this to some older family members,

I am a memory researcher, and I highly recommend this to anyone who wants accurate scientific information and practical advice about memory loss. This book is the most engaging and useful treatment of aging & memory that I've read.

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