

# Memory

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## Definition

Memory is the ability to recover information about past events or knowledge. It is divided into short-term (working) memory and long-term.

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## Diagnosing memory difficulties

Parents and/or teachers are usually the first to notice reading problems in children. A more substantial and comprehensive evaluation—a cognitive skills test—can pinpoint the exact cause of learning problems. In people with reading problems, the weakest cognitive skills are phonemic awareness and auditory processing, although other areas may suffer as well.

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## Treatments & prevention

- Professional neurological exam to rule out Post-Traumatic Stress Disorder, dementia, Alzheimer's, or brain damage
- Cognitive skills training attacks the root causes of memory struggles by strengthening weak cognitive skills, especially short-term and long-term memory.
- Certain activities can increase the number of connections between brain cells, strengthening memory. Trivia, crosswords and memory games are all good choices.
- Exercise has been found to reduce brain cell loss.
- Getting the proper amount of sleep is known to optimize mental functioning.
- Proper nutrition includes complex carbohydrates, fiber, and "good" fats to help maintain glucose levels in the brain.
- Wear helmets when riding bicycles, motorcycles, mopeds, horses, etc., and when playing contact sports like football or rugby.

## Symptoms of memory difficulties

- Difficulty concentrating
  - Forgetting names
  - Difficulty recalling information
  - Misplacing keys, homework, etc.
  - Difficulty following directions
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## Characteristics

- No age bias, though memory does begin to decline in your mid-20s
  - No gender bias, though common in pregnant women and new mothers
  - Common in soldiers with Post-Traumatic Stress Disorder (PTSD)
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## National Resources

### The Alzheimer's Association

<http://alz.org>

### LD Online

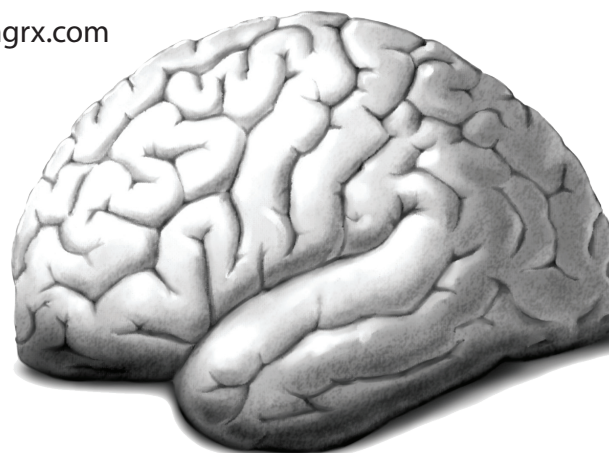
<http://ldonline.org>

### National Institute of Mental Health

<http://nimh.nih.gov>

### LearningRx

<http://learningrx.com>



Information provided by LearningRx, a cognitive skills training company with centers across the U.S. <http://learningrx.com>