

# MEMORY SCREENING FACT SHEET



**AFA's National Memory Screening Program (NMSP) provides free confidential memory screenings throughout the country on an ongoing basis. Since the inception of the program, more than 2.5 million people have been screened!**

*"At this time, there are types of memory problems that can be cured and other types that can be treated. The key is to recognize the problem, get screened and act on the results."*

*- J. Wesson Ashford, M.D., Ph.D. Chair, AFA's Memory Screening Advisory Board*

## WHAT ARE MEMORY SCREENINGS?

*A memory screening is a simple and safe evaluation tool that checks memory and other thinking skills. It can indicate whether additional follow up with a qualified healthcare professional is needed.*

- The screening takes approximately 10 minutes.
- Consists of a series of questions to gauge memory, language and thinking skills.
- Is conducted face-to-face and takes place in a private setting.
- Results are not a diagnosis, but a memory screening can suggest if someone should see a physician for a full evaluation.
- Results are completely confidential. The participant will receive the screening results to bring to a healthcare professional for follow-up and/or inclusion in medical files.

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## WHY SHOULD I BE SCREENED?

### ❖ EARLY DETECTION

Memory screenings are a significant first step toward finding out if a person may have a memory problem. Research suggests that screenings may detect cognitive impairment up to 18 years prior to clinical diagnosis of Alzheimer's disease or dementia.

### ❖ SOME MEMORY PROBLEMS ARE TREATABLE

Some memory problems can be readily treated, such as those caused by vitamin deficiencies or thyroid problems. Other memory problems might result from causes that are not currently reversible, such as Alzheimer's disease. The earlier the diagnosis, the easier it to treat or slow down the condition causing memory problems.

**GET SCREENED. GET INFORMATION**  
**WWW.REGENCYPLACENURSINGANDREHAB.COM**  
**225.272.1401**

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