

MEMORY LOSS –REVIEW ARTICLE

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ABSTRACT

Memory loss is the difficulty or inability to recall information that is typically easy to remember. It can occur due to various reasons, such as aging, medical conditions like Alzheimer's disease, head injuries, stress, and certain medications. Memory loss can affect daily activities and overall well-being, but strategies like mental exercises, healthy lifestyle choices, and medical treatments can help manage and mitigate its effect

KEY WORDS

Memory loss, Alzheimer, Dementia, Aphasia, Agnosia

INTRODUCTION

Memory loss, an indicator of numerous neurodegenerative illnesses and cognitive disorders, represents a powerful task in modern-day healthcare. Characterized by means of the modern deterioration of cognitive capabilities related to memory retrieval and retention, those conditions profoundly affect individuals, caregivers, and healthcare systems globally. Alzheimer's disease, the most universal shape of dementia, exemplifies the profound societal and personal burden of memory loss, affecting millions worldwide.

DEFINITION

Memory loss, also referred to as amnesia, is an abnormal degree of forgetfulness and/or inability to recall past events. Depending on the cause, memory loss may have either a sudden or gradual onset, and memory loss may be permanent or temporary.

INCIDENCE

In india estimated memory loss prevalence range by means of study however typically increase with age; some studies report approximately 7% at age 60 and as high as 25% after age 80 About 1% at age 60 to 64

- 3% at age 65 to 74
- Almost 15% of people aged 75 to 79
- About 25% of people aged 80 to 84
- 30 to 50% at age > 85
- 60 to 80% among older nursing home residents

THEORIES OF MEMORY LOSS

1. Trace decay theory: the idea that all memories naturally deteriorate over time.

2. Interference theory: the concept that information learned earlier can interfere with the ability to recall new information, or in reverse.

3. Retrieval failure theory: when information is stored in long-term memory but cannot be retrieved due to insufficient retrieval cues.

4. Consolidation theory: the explanation that without proper consolidation, memories are kept in a delicate and unstable condition.

5. Neurological theories: memory loss can occur due to damage or dysfunction in areas of the brain related to memory.

6. Trauma theories: severe emotional or psychological events can interrupt memory functions and lead to memory loss.

TYPES OF MEMORY LOSS:

Memory loss can be acute and happen suddenly. It can also be progressive, meaning it happens repetitively and worsens gradually over time.

- **Acute memory loss:** Often referred to as amnesia, this typically occurs due to a sudden sickness, trauma, or other incidents that interrupt your memory functions.
- **Progressive memory loss:** This type of memory loss is characterized by its slow progression. It may be a sign of a degenerative brain condition.

ACUTE MEMORY LOSS (AMNESIA) CAUSES

Memory loss often stems from conditions or incidents that harm or interrupt the functioning of the brain. The leading reasons for this include:

- Alcohol-induced "blackouts."
- Aneurysms or bleeding in the brain.
- Neurosurgical or similar operations
- Exposure to harmful substances like carbon monoxide.
- Treatment for cancer, which may involve chemotherapy and radiation.
- Head injuries, including concussions.
- Strokes.
- Delirium.
- Mental health conditions.
- Psychotic episodes.
- Certain medications, including those used to treat migraines.
- Non-prescribed drug use.
- Seizures.
- Infections.

GRADUALLY PROGRESSIVE MEMORY LOSS CAUSES

Progressive memory loss tends to unfold over time because of disruptions in brain activity. When it happens with degenerative brain diseases, memory worsens as brain loss spreads.

Conditions that most often cause progressive memory loss include:

- ❖ Alzheimer's disease.
- ❖ Other neurodegenerative disorders, like dementia with Lewy bodies, Huntington's disease and primary progressive aphasia.
- ❖ Vascular disorders of the brain.
- ❖ Brain tumors.
- ❖ Multiple sclerosis.

SIGN AND SYMPTOMS

Memory loss can often look like the following:

Repeating the same question several times.

- Difficulty recalling recent conversations.
- Misplacing frequently used items.
- Missing scheduled appointments.
- Forgetting to manage bills or other responsibilities.
- Struggling to articulate or find the right word (aphasia).
- Facing challenges with tasks that were previously easy to do (apraxia).
- Difficulty recognizing familiar things, such as faces or items (agnosia).
- Struggling with impulse control, planning, or concentrating attention (executive dysfunction).

DIAGNOSTIC EVALUATION

- ❖ History related to memory loss
- ❖ Mental status examination
- ❖ Neurological examination
- ❖ Blood tests for specific diseases that are suspected (such as low vitamin B12 or thyroid disease)
- ❖ Cerebral angiography
- ❖ Memory tests
- ❖ CT scan or MRI of the head
- ❖ EEG

MANAGEMENT

MEDICATIONS

- ❖ The cholinesterase inhibitors donepezil, rivastigmine, and galantamine are modestly effective in improving cognitive feature in sufferers with moderate to slight Alzheimer disorder or dementia with Lewy bodies and can be useful in different kinds of dementia. Efficacy wanes over the years.
- ❖ Memantine, an NMDA (N-methyl-D-aspartate) antagonist, may be used in mild to intense dementia.
- ❖ Aducanumab is a monoclonal antibody that reduces beta-amyloid plaques that collect inside the brain in patients with Alzheimer disorder.
- ❖ Lecanemab is getting used to deal with Alzheimer sickness, and donanemab can also quickly be available; they're also anti-amyloid medications

WAYS TO IMPROVE MEMORY NATURALLY

1. Eat less added sugar
2. Make time for meditation
3. Maintain a moderate weight.
4. Get enough sleep
5. Practice mindfulness.
6. Try a fish oil supplement-Fish and fish oil
7. Avoid alcohol consumption
8. playing brain games
9. Exercise.
10. Choose anti-inflammatory foods.
11. Consider curcumin.
12. Add some cocoa on diet.

CONCLUSION

In this study, we explored the multifaceted nature of memory loss, examining its underlying causes, impacts on daily life, and potential therapeutic interventions. Our findings indicate that memory loss is often a symptom of complex neurological changes, influenced by factors such as aging, neurodegenerative diseases, and lifestyle. Early detection and targeted interventions can significantly improve quality of life for affected individuals.

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