

Short-Term Memory Loss

It's normal to forget things every now and then. If you're worried that your forgetfulness is a sign of a more serious problem, take this test to find out if you may be suffering from short-term memory loss. Think carefully before responding to each question, and answer as honestly as possible.

Do you occasionally walk into a room and forget why you are there?

Do you frequently misplace your glasses, keys or pens?

Do you occasionally have trouble remembering where you parked your car?

Do you do things like turn off the house lights, lock the door or unplug the iron -- then have difficulty recalling if you did it and feel the need to go back and check?

Do you often arrive at a specific destination, like the gym, only to discover that you've forgotten an essential item, such as your gym bag, workout shoes or swimsuit?

Do you occasionally have trouble remembering what you ate for dinner last night or what you did last weekend?

Do you ever look up a phone number -- then forget it too soon to dial it?

Do you often dial a phone number and forget whom you are calling?

Do you tell people you'll call them back, but then forget to do so?

Do you have to write your schedule down because you'd forget appointments?

If 4 to 6 answers are Yes then You are experiencing Mild Short-Term Memory Loss

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Your memory is generally good, but you are having trouble recalling recent events sometimes. These episodes may be the early warning signals of deeper problems.

If 7 to 10 answers are Yes then You are experiencing Significant Short-Term Memory Loss –

This is not healthy, what once was easy to recall is now difficult. Even if you have already been diagnosed with a memory robbing condition, you should investigate the possible underlying causes.

Short-Term Memory Loss may be more than age related memory loss.

It can be made worse for many reasons – low blood sugar, reactions to medications or chemical exposures, food or environmental allergies, underactive thyroid, menopause, or other stresses. If there is a history of general anesthesia or antibiotic use it should be evaluated.

This quiz is for educational and/or entertainment purposes only. For a more thorough evaluation, find out if Dr. Julia Lewis, D.C. can help you overcome the underlying cause.