

Wellness

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6 Signs Your Memory Loss Isn't Normal: Understanding Age-Related Forgetfulness

Memory loss is a common concern as we age. We may find ourselves forgetting names, misplacing items, or struggling to learn new things. While some degree of memory loss is considered normal with age, there are certain signs that may indicate abnormal memory loss and should not be ignored. We will explore these signs and provide guidance on what to do if you or a loved one is experiencing them.



1. An Inability to Learn New Things

As technology advances, we are constantly faced with new devices and systems that require some additional learning. While it is normal to take some time to adjust to new gadgets, if you find yourself consistently struggling to learn anything new, it may be cause for concern. Dr. Charles Bernick, a neurologist at the Lou Ruvo Center for Brain Health, emphasizes that difficulty in grasping new concepts, like operating a new smartphone or computer, could be a sign of abnormal memory loss.

If you are finding it increasingly challenging to adapt to new technologies or learn new skills, it is advisable to consult with your doctor.

2. Trouble with Previously Easy Tasks

Another sign of abnormal memory loss is difficulty performing tasks that used to come easily. For example, individuals who enjoy cooking may start forgetting recipes they have known for years. Financial management can also become problematic, with individuals forgetting to pay bills, paying them twice, or struggling to understand basic financial concepts.

Dr. Bernick suggests that if day-to-day activities, such as personal hygiene or running errands, become noticeably more difficult, it should raise concerns. Missing appointments regularly or burning food due to forgetfulness are also red flags that something may be amiss.

3. Rapidly Forgetting Conversations

While it is normal to forget some conversations over time, immediately forgetting discussions can be a cause for concern. Dr. Michael Rosenbloom, a neurologist at the UW Medicine Memory and Brain Wellness Center, highlights that it is expected to remember having a conversation at least shortly after it occurred. If, however, you forget a conversation within an hour or by the end of the day, it may be indicative of abnormal memory loss.

4. Getting Lost in Familiar Places

Occasionally getting lost in unfamiliar environments is normal. However, getting lost in familiar places can be a sign of abnormal memory loss. Ulrich Mayr, a professor of neuroscience at the University of Oregon, suggests that if you find yourself unable to navigate your hometown or frequently lose your way while driving to familiar locations, it should raise concerns.

If you or a loved one experiences difficulty navigating familiar places, it is important to discuss this with a healthcare professional.

5. Repeating Stories Frequently

Repeating stories or facts occasionally is common, especially when sharing information with different people. However, if you find yourself frequently repeating questions or stories within a short span of time, it may indicate abnormal memory loss. Carmen Carrión, an assistant professor of neurology at Yale School of Medicine, identifies this as a potential red flag.

If you notice yourself or a loved one constantly repeating stories or questions, it is advisable to seek medical advice.

6. Concerns Raised by Loved Ones

Sometimes, others may notice signs of abnormal memory loss before we do. If a loved one expresses concerns about your memory, it is important to take their worries seriously. Ulrich Mayr emphasizes that the subjective experience of our own memory may not always be a reliable indicator of what is truly happening. Loved ones may be more attuned to noticing patterns of forgetfulness or other memory-related issues.

If someone close to you expresses concern about your memory, it is advisable to listen to them and consider seeking professional help if necessary.

Exploring Possible Causes

While memory loss can be distressing, it is important to remember that it does not always indicate a serious condition like Alzheimer's or dementia. In many cases, memory loss may be attributed to other factors such as medications or hearing loss. Dr. Bernick highlights that certain medications, including over-the-counter sleep aids, can affect memory. It is essential to review your medication list with your healthcare provider to identify any potential contributors to memory loss.

Hearing loss can also impact memory and overall cognitive function. Reduced ability to hear and understand conversations can result in difficulties in remembering information. If you suspect hearing loss, seeking treatment, such as hearing aids, can help improve your ability to process information and maintain cognitive function.

Abnormal memory loss like in Alzheimer's disease can be managed better with early detection and diagnosis. To decrease the risk of problematic memory loss, it is important to manage medical conditions such as diabetes and high blood pressure, exercise regularly, maintain a nutritious diet, and engage in mentally stimulating activities. Seeking medical guidance and being proactive about brain health can make a significant difference in maintaining cognitive abilities and overall well-being.



BUTTERNUT SQUASH LASAGNA

INGREDIENTS

- 14 ounces Italian chicken sausage, casing removed (Al Fresco)
- 1 tsp extra virgin olive oil
- 1/2 large onion, chopped
- 3 cloves garlic, minced
- 1 28-oz can crushed tomatoes, I like Tuttorosso
- 2 tbsp chopped fresh basil
- salt and black pepper, to taste
- 1 large butternut squash, peeled, at least 3 lbs
- 1 cup part-skim ricotta
- 1/4 cup Parmigiano Reggiano, or Parmesan cheese, grated
- 2 tbsp chopped parsley
- 1 large egg
- 16 oz shredded part-skim mozzarella cheese, 4 cups total

HEALTH BENEFITS AND NUTRITIONAL VALUE

One of the main reasons to try this Butternut Squash Lasagna is its impressive health benefits. By replacing traditional lasagna noodles with butternut squash, you're increasing the fiber content and reducing the number of carbs in your meal. This makes it an excellent choice for those following a low-carb or gluten-free diet. Additionally, this lasagna is packed with protein, providing you with 29 grams per serving. Protein is essential for building and repairing tissues, as well as supporting a healthy immune system.

MEAL PREP AND FREEZER-FRIENDLY

Preparing a delicious and nutritious meal doesn't have to be time-consuming. You can easily make this lasagna ahead of time and have it ready for dinner the next day. Simply assemble it on a Sunday when you have more time, then pop it in the oven the following day. It's also freezer-friendly, meaning you can make a large batch and freeze individual portions for later. Whether you're meal prepping for the week or looking for a quick and easy dinner option, this healthy lasagna has got you covered.

Nutrition Information

Serving: 1/8th slice, Calories: 402 kcal, Carbohydrates: 30 g, Protein: 29 g, Fat: 19 g, Saturated Fat: 10 g, Cholesterol: 109 mg, Sodium: 918 mg, Fiber: 5 g, Sugar: 5 g



INSTRUCTIONS



HOW TO MAKE IT

- 1,) To make Butternut Squash Lasagna, start by preparing the meat sauce. Brown Italian chicken sausage, then add onion, garlic, crushed tomatoes, basil, salt, and black pepper. Simmer for 15 to 20 minutes.
- 2) While the sauce simmers, slice peeled butternut squash into 1/8" thick rounds. In a separate bowl, mix together part-skim ricotta cheese, Parmigiano Reggiano or Parmesan cheese, chopped parsley, and a large egg.
- 3) Then, assemble the lasagna in a deep 9x12 casserole dish by layering the ingredients, starting with meat sauce, butternut squash slices, ricotta cheese mixture, and shredded part-skim mozzarella cheese.
- 4) Bake covered for 30 minutes, then uncovered for an additional 30 minutes until the squash is fork-tender.
- 5) Finally, sprinkle additional mozzarella cheese on top and bake for an additional 5 minutes until melted and bubbling.
- 6) Rest for 5 to 10 minutes before serving.

FEATURED EXERCISE

<https://www.self.com/gallery/bodyweight-exercises-you-can-do-at-home>

Featured Exercise ► Forward to Reverse Lunges

**HOW TO DO IT:** How to Perform a Forward Lunge

Keep your back straight and engage your core muscles.
Place your hands on your hips to maintain balance.
Take a big step forward with your right foot.
Bend your right knee until your thigh is parallel to the floor.
Allow your back heel to lift, but don't let your knee touch the floor.
Step back to the starting position and repeat on the opposite leg.

[Click here to view #19 online!](#)**HOW TO DO IT:** How to Perform a Reverse Lunge

Maintain a straight back and engage your core muscles.
Rest your hands on your hips for stability.
Take a big step backwards with your right foot.
Bend your right knee until your thigh is parallel to the floor.
Allow your back heel to lift, but avoid touching the floor with your knee.
Step back to the starting position and repeat on the opposite leg.

THE BENEFITS: So, whether you're a fan of forward lunges or prefer the challenge of reverse lunges, incorporating lunges of all variations can help you strengthen and tone your lower body while improving stability and coordination. Don't be afraid to mix it up and diversify your lunging routine for optimal results. Keep pushing yourself and enjoy the benefits of lunges in your fitness journey.

Regular exercise can help you control your weight, reduce your risk of heart disease, and strengthen your bones and muscles. But if it's been awhile since you've exercised and you have health issues or concerns, it's a good idea to talk to your doctor before starting a new exercise routine.



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with a single step. [LifeAdvisor.com](#)