

Memory games are fun *and train the brain*

How often does the number 4327 occur in the following numerical sequence?

132874573879458794327215232123424612547823458485985656978768
743278656355131243654756635348193656536327275483758743534879
874327324535647698774543254121217457485698576956958464623233
059587473463849302091871626234872910293837476464637282823939
397837464643272182939450050560695847636252424235132135677677
098765424556766677676432723458824345645756756657876879891223
546767765454453032938464562172192929838438475432728298273719
547826434876764634657643643638782347858765875685698587376344

The solution to the memory game is on the back page of this leaflet.

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Talk to your doctor, please.

Solution to the memory game: The number can be found six times.

When Confusion Turns Into Reality.



Think ahead *and take control!*

Getting Old Doesn't Necessarily Mean *Getting Forgetful*

➤ Misplaced your keys? Forgotten a phone call? Failed to remember an appointment – it happens to all of us. People over 65 often joke: “I must be going senile. After all, I’m not twenty any more!” But it’s a mistake to dismiss lapses in memory as merely an aspect of old age. A progressive decline in mental capacity is not automatically caused by growing older. There may be an underlying disease that needs treatment – a so-called dementia.

Dementia is characterized by increasing impairment of memory and intellectual ability, and later also by problems with language and everyday tasks. People with dementia – and their family members – experience a downward spiral in their everyday quality of life.

If you’ve recently had trouble remembering things, finding your way in unfamiliar surroundings or doing routine tasks that used to be easy for you, you shouldn’t just accept this. There’s a lot you can do to improve your mental fitness.

Make an appointment with your doctor and tell him or her about your problems – especially if lapses in memory have increased lately and are starting to have a negative effect on your work or daily life.

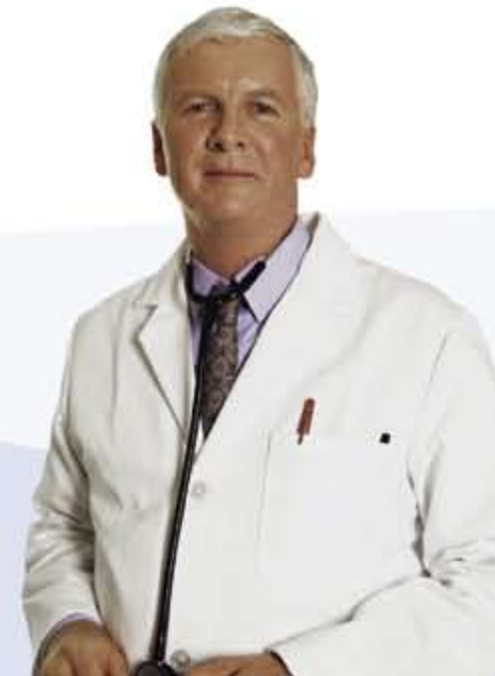


Early diagnosis *is important*

➤ The sooner memory disorders, language problems or orientation difficulties are checked and diagnosed, the better for you: the sooner you can start a treatment to longer preserve your mental capacity.

Don’t just accept cognitive impairments. Don’t try to cover them up or keep them secret. It’s not true that with dementia, “there’s nothing you can do anyway“.

Today drugs and other treatments are available that have a proven beneficial impact on the course of a dementia. The sooner they are administered, the more they can influence your symptoms, preserve your independence and improve your quality of life – and that of your family members. A chance you shouldn’t miss.



Screening: *Testing for Forgetfulness*

➤ A team of international dementia experts has developed a simple test procedure with which your doctor can quickly and easily determine if you have a cognitive disorder.

This screening test suffices to make a preliminary diagnosis and to initiate further diagnostic and therapeutic steps. As with the well-known tests for the early detection of cardiovascular diseases or cancer, cognitive disorders should be detected and treated at an early stage.



The test doesn’t take much time and is free of charge. Take a chance and talk to your doctor!