My memory is terrible, especially when it comes to remembering names. Is this a symptom of Alzheimer's?

September 17, 2019 By Lucinda K. Porter RN

Although memory loss is associated with Alzheimer's disease, it is also a common occurrence with aging. All of us forget names or words at one point or another, especially when stressed or sleep-deprived. In addition, some medications can contribute to memory problems. However, there are a few ways to tell the difference.

If you forget names, words or appointments but recall them later, this is a typical age-related change. Ditto if you can't remember where you put your keys or parked your car. What isn't normal is if you can't recall making an appointment or meeting a person or if you don't know what the keys are for or where to insert your car keys. Your medical provider can differentiate between typical age-related memory issues and disease-related ones.

September is World Alzheimer's Month. To learn more about dementia or associated awareness events, follow this link.

© 2026 Smart + Strong All Rights Reserved.

http://beta.docker.tusaludmag.com/article/memory-terrible-especially-comes-remembering-names-symptom-alzheimers