



# CONFUSION & FORGETFULNESS

Not knowing who or where one is, having difficulty in remembering things

## CAUSES

### HYPOTHERMIA, LOW BLOOD SUGAR, SHOCK OR HEAD TRAUMA

If confusion and forgetfulness come suddenly, it is an indication of a more serious medical condition. Possible causes are hypothermia, low blood sugar, shock, and head trauma.

#### Symptoms:

- Confusion
- Sudden memory loss
- Disorientation

#### DO:

- Seek help for symptoms of sudden onset.

#### DON'T:

- Don't be afraid to ask for help.



### DEMENTIA

If the forgetfulness and confusion have been gradual, extending for a period of months or years, these might be signs of the onset of dementia. Dementia is a state of mental deterioration that is usually caused by poor blood flow to the brain, Alzheimer's disease or Parkinson's disease. It is more common in older adults.

#### Symptoms:

- Confusion, forgetfulness, disorientation
- Repeatedly asking the same questions
- Being unclear or unsure about time or place

#### DO:

- Eat a well-balanced diet and exercise regularly. Dementia cannot be prevented, but maintaining a healthy lifestyle lessens your risk of getting diseases that cause it.
- Participate in activities that engage the mind and body.
- Enrich your diet with Vitamin B, which is said to minimize symptoms of confusion and forgetfulness.
- Seek help if symptoms occur often.

#### DON'T:

- Don't be afraid to ask for help.

*Vitamin B is known to minimize symptoms of confusion and forgetfulness. Enrich your diet accordingly.*