

# The Memory Quiz

Trying to remember something that seems to be right on the “tip of your tongue” is always frustrating and sometimes, even a little scary. Maybe you have forgotten someone’s name, turned the house upside down looking for keys, or can’t remember the magazine article you read just yesterday. One day, life is good, the next you think you’ve totally “lost it.” To see how well you know memory’s mysterious ways, take the following quiz from *Health Magazine*.

## 1. People tend to become more forgetful beginning in their:

- a.) thirties
- b.) forties
- c.) fifties
- d.) sixties

## 2. Forgetting names and numbers is a key sign of Alzheimer’s Disease.

- a.) TRUE
- b.) FALSE

## 3. Memory problems can be caused by:

- a.) poor hearing and vision
- b.) drugs and alcohol
- c.) inadequate nutrition and insufficient sleep
- d.) all of the above

## 4. You can improve your memory by getting regular exercise.

- a.) TRUE
- b.) FALSE

## 5. If you suddenly become unusually forgetful,

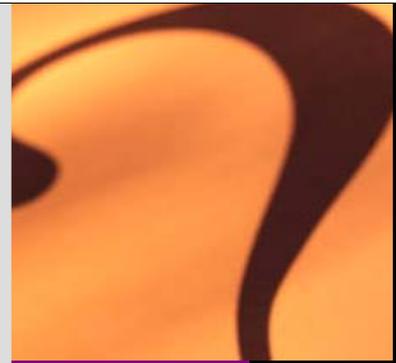
- a.) see a doctor
- b.) start making lists of the things you really need to remember
- c.) enroll in a memory-improvement course
- d.) don’t worry; your powers of recall will soon be back to normal

## 6. An extraordinary memory for words and numbers indicates superior intelligence.

- a.) TRUE
- b.) FALSE

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## Answers

1. A. Neuroscientists are not sure why, but memory usually starts becoming less reliable around the age of 30.

2. B – FALSE. Occasionally forgetting your bank code or your neighbor’s name is unrelated to Alzheimer’s. Memory loss is a common early symptom of the disease, but sufferers of the disease also become anti-social, muddled and listless. It rarely strikes before the age of 65.

3. D. Keep your memory sharp by getting hearing and eye exams, eating well, sleeping enough and going easy on alcoholic beverages. Some drugs can also affect mental clarity; if your memory slips after you start a medication, consult your doctor.

4. A – TRUE. Exercise keeps your brain well supplied with oxygen and nutrients.

5. A. Check with your doctor if you notice an abrupt change. Stroke, high blood pressure and other problems requiring medical attention *can* cause your memory to take a dive.

6. B – FALSE. If you have difficulty remembering numbers, names or words, don’t worry just yet. Experts say retention has little to do with creativity, imagination, or the ability to use information in your daily life. If you do have difficulty in this area, it could mean that you just need to work on your memory skills.

### Source:

Health Magazine, Oct. 97, Vol. 11, Issue 7, by Deborah Franklin, Sarah Henry and Karmen Butterer