



Mild Cognitive Impairment and Age Related Memory Loss in Older Adults

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DESCRIPTION

Older adults worry about their memory and other thinking abilities. Changes in the old aged persons are usually signs of mild forgetfulness often a normal part of aging not serious memory problems. Forgetfulness can be a normal part of aging. As people get older, changes occur in all parts of the body, including the brain, as a result some people find it time-consuming to learn new things, don't even remember the information, or lose things like glasses because of loss of memory. These are usually signs of mild forgetting and not as severe memory loss as Alzheimer's disease. Emotional problems such as stress, anxiety, and depression can mistake a person for forgetfulness or dementia. For example, a recently retired person, or someone dealing with the death of a spouse, relative, or friend, may feel sad, lonely, anxious, or bored. Some people get confused or forget when trying to deal with these life changes. Significant memory loss is not an inevitable result of aging, as the brain can produce new brain cells at any age. But like strength, a person has to use or lose it. A person's lifestyle, habits, and daily activities have a major impact on your brain health. The old aged persons forgot some things like sometimes forget to pay a bill. The main difference between age-related memory loss and dementia is that the former does not cause disability. Loss of memory has little effect on day-to-day performance. Dementia, on the other hand, is marked by a persistent, disabling decline in two or more intellectual abilities such as memory, language, judgment, and abstract thinking. When memory loss becomes so pervasive and severe that it disrupts a person's work, hobbies, social activities, and family relationships, that person may be experiencing the warning signs of Alzheimer's disease, or another disorder that causes dementia, or a condition that mimics dementia. Mild cognitive

impairment (MCI) is an intermediate stage between normal age-related cognitive changes and the more serious symptoms that indicate dementia.

Mild cognitive impairment can contain greater memory, language, thinking, and judgment problems than normal age-related changes, but the difference in the symptoms between Mild cognitive impairment and normal memory problems is not always clear. For example, as we get older, we usually can't remember a person's name. However, it's not uncommon to forget the names of close family and friends and not remember them after a while.

If a person has mild cognitive impairment, family or close friends may notice a decline in that person's memory or mental function. However, unlike people with full-blown dementia, they can lead their daily lives without relying on others. Normal age-related memory loss does not prevent a person from living a fulfilling and productive life. For example, if a person might forget someone's name, but remember it later in the day. These memory changes are generally manageable and do not affect your ability to work, live independently, or lead a social life. Many medical problems can cause symptoms like memory loss or other dementia. Most of these conditions can be treated. Doctor can check the person for disorders that cause reversible memory problems. It can be difficult to accept the possibility of developing memory loss and dementia. Some people try to hide their memory deficits, while others in family and friends make up for a person's memory loss without realizing how well they are adapting to it. Prompt diagnosis is important, even if it is difficult. By identifying the reversible cause of memory loss, a person can receive appropriate treatment. Also, early diagnosis of mild cognitive impairment, Alzheimer's disease, or related disorders is also important for the treatment.

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