

Slide 1

HOW IS IT SUPPOSED TO WORK
HOW IT CAN GO WRONG
WHAT DO YOU DO ABOUT IT

MEMORY

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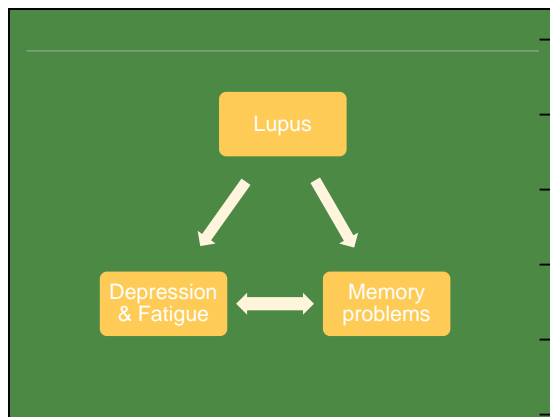
Slide 2

Introduction 2

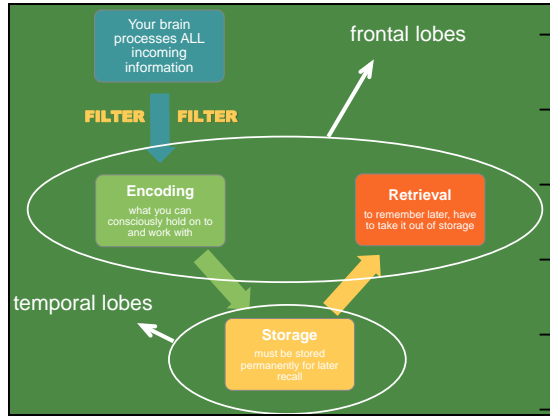
Memory

- Memory problems are reported in anywhere from 21-80% of patients with lupus
 - "brain fog"
 - "lupus fog"
- Depression and fatigue are also quite frequent

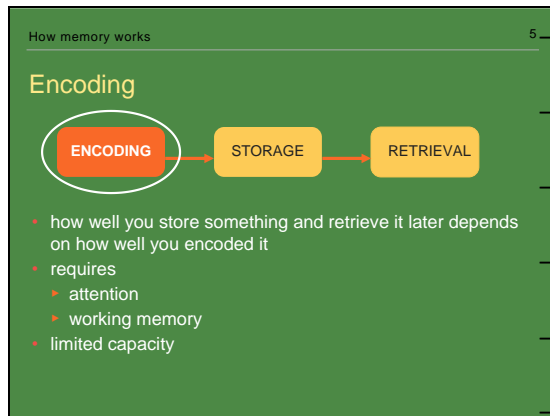
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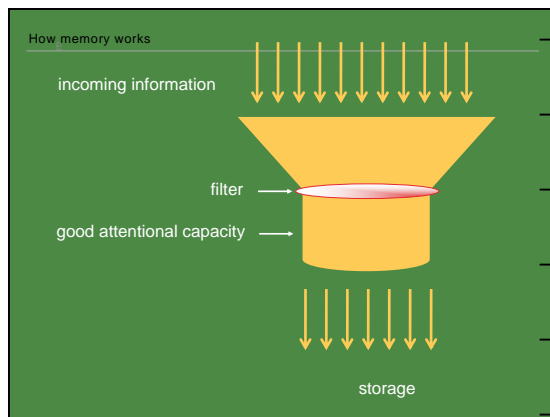
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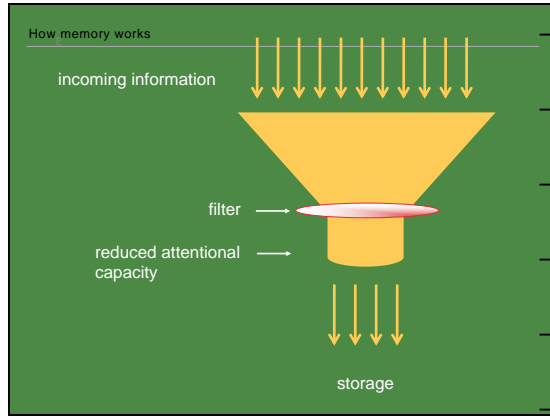
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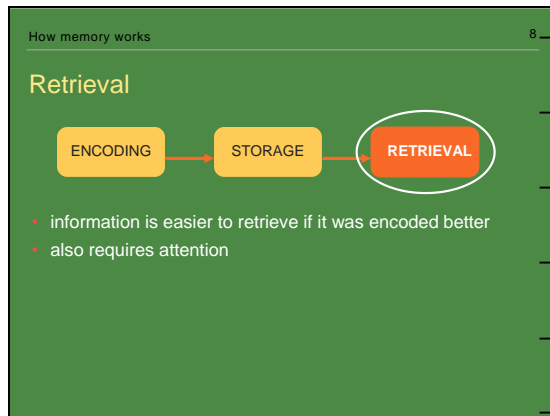
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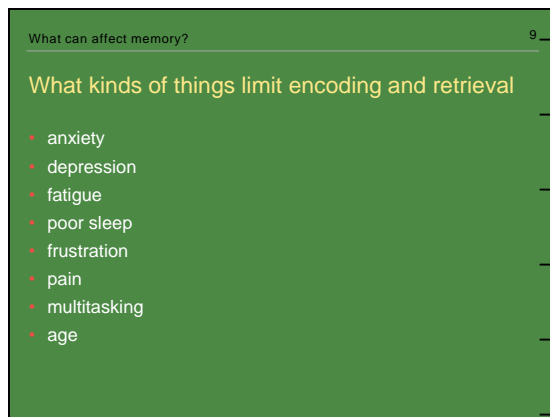
Slide 7



Slide 8



Slide 9



Slide 10

What can be done about it? 10

Strategies to enhance memory

- **Pay attention!!**
 - ▶ you can't remember something if you never learned it
 - ▶ you can't learn something if you don't pay enough attention to it
 - ▶ don't multitask
 - ▶ minimize distractions
 - ▶ focus!

Slide 11

What can be done about it? 11

Strategies to enhance memory

- **Play to your strengths**
 - ▶ **auditory/verbal learners:** learn best by listening or using a verbal strategy
* e.g., acronym
 - ▶ **visual learners:** learn best by reading or seeing or using a spatial strategy
* e.g., a pin number

bread
rice
eggs
milk **BREM**

1	2	3
4	5	6
7	8	9
	0	

Slide 12

What can be done about it? 12

Strategies to enhance memory

- **chunk** information: arrange a long list in smaller units or categories that are easier to remember
- **rehearse** information frequently and "overlearn"
 - ▶ review what you've learned the same day you learn it, and review it at intervals thereafter
 - * the recurrent exposure helps to solidify the memory

Slide 13

What can be done about it? 13

Strategies to enhance memory

- spaced retrieval
 - your brain will only retain information you need
 - if you never access something you learned, it can be deleted!
 - * e.g., some of the things you learned in school...
 - try to retrieve the information at regular intervals
 - * this helps solidify the memory
 - if it is not easily retrieved, study it again

Slide 14

What can be done about it? 14

Compensating for memory problems

- Organize information
 - do not use post-its!
 - * except if they serve as a prompt to write information more permanently elsewhere
 - write things down in a **date book**
 - * choose one that can be carried with you and has a section for phone numbers/addresses
 - * keep it in one central location so that you can always find it

Slide 15

What can be done about it? 15

Compensating for memory problems

- Organize yourself!
 - get rid of clutter
 - keep items you often lose in one standard place
 - * e.g., keys on a hook by the door
 - establish a routine
 - use a pill box for medications

Slide 16

What can be done about it? 16

Compensating for memory problems

- Make **lists**
 - itemize things to do
 - keep lists in a central location that can be referred to readily
 - * maybe in your date book...
 - * electronic options: G-Tasks
 - once the task is done, cross it off and put the date of completion

Slide 17

What can be done about it? 17

Brain healthy habits

- What's good for the heart is good for the brain
 - heart-healthy diet
 - * e.g., Mediterranean diet; MIND diet
 - physical exercise as permitted
- Be **cognitively** active
 - the more information is used, the firmer the memory
- Be **socially** active
 - helps with mood and helps exercise cognitive skills

Slide 18

What can be done about it? 18

Brain healthy habits

- Manage **stress**
 - the stress hormone, cortisol, can damage temporal lobe memory centers
 - acute stress interferes with attention/concentration
 - * affects encoding and retrieval
- Maintain good **sleep** habits
 - sleep is necessary for formation of long-term memories
 - being sleepy causes attention problems

Slide 19

What can be done about it? 19

Closing advice

- Be motivated and keep a positive attitude
 - if you say, "I have a bad memory", you WILL have a bad memory!
 - don't give up
 - **don't be overly critical of memory lapses**
 - * emotional reaction to a retrieval problem will just make it worse

Slide 20


What can be done about it? 20

Services at Rush Department of Behavioral Sciences

- Neuropsychological services (312-942-2803)
 - cognitive evaluation to determine nature and extent of memory problem
 - interventions to help learn memory strategies and/or compensate for memory problems
 - 312-942-2803
- Psychotherapy services (312-942-6973)
 - sleep
 - mood
 - stress management
 - adopting healthy behavior

Slide 21

THANK YOU! 21



ANY

QUESTIONS
