



CLIFTON HEALTH DEPARTMENT

900 Clifton Avenue
Clifton, NJ 07013

CLIFTON HEALTH DEPARTMENT AND HACKENSACK MERIDIAN MOUNTAINSIDE MEDICAL CENTER TO OFFER MEMORY ASSESSMENT

For Immediate Release

May 17, 2024

Contact: Loyal Helwani
Health Educator
973-470-5773

The Clifton Health Department and Hackensack Meridian Mountainside Medical Center will be offering a **FREE** Memory Assessment **for Clifton and Little Falls residents** on **Tuesday, June 11, 2024** from **2pm-4pm** at the **Clifton Health Department, 900 Clifton Ave., 2nd Floor**. Registration is required. Please call the Clifton Health Department at 973-470-5773 to register.

A memory screening does not replace a consultation with a physician; however, it is an important step in finding out if you may have a memory problem. Memory loss that begins to disrupt daily life may be a symptom of a dementia, such as Alzheimer's disease. Alzheimer's disease is a progressive disease that begins with mild memory loss and can possibly lead to loss of the ability to carry on a conversation and respond to the environment. In addition, it can seriously affect a person's ability to carry out daily activities.

Scientists are not exactly sure what causes Alzheimer's disease. There may not be one single cause, but several factors that can affect each person differently, such as age or a family history of Alzheimer's disease. According to the National Institute on Aging, along with memory problems, someone with Alzheimer's disease may experience one or more of the following signs:

- Memory loss that disrupts daily life, such as getting lost in a familiar place
- Trouble handling money and paying bills
- Difficulty completing familiar tasks at home, at work or at leisure

- Decreased or poor judgment
- Misplaces things and being unable to retrace steps to find them
- Changes in mood, personality, or behavior

The Clifton Health Department encourages you to register for this free Assessment if you would like to test your memory and learn about your risk for Alzheimer's disease.

*The Clifton Health Department is a contractual health agency serving the
Township of Little Falls.
###*