

Memory loss (amnesia)

Most people forget things from time to time. Memory problems may not be serious. But memory problems could be caused by something that can be treated.

It is best to get it checked out early. If you need treatment, it's best to start it as early as possible.

Contact a GP if:

- you keep having problems with your memory
- memory problems are affecting your day-to-day life
- you're worried about an older relative who is becoming forgetful

Forgetfulness can be a sign of [vascular dementia](#) or [Alzheimer's disease](#).

Causes of memory loss

Memory loss can just be a natural part of getting older.

Sometimes it may be caused by something common and treatable like:

- [stress](#)
- [anxiety](#) or [depression](#)
- [sleeping problems \(insomnia\)](#)

Sometimes, memory loss can be a sign of something more serious, such as [vascular dementia](#) or [Alzheimer's disease](#).

Do not try to diagnose the cause of your memory loss yourself. Always talk to your GP.

What happens at your appointment

Your GP will ask you some questions to try to find the cause of your memory problems.

It might help to bring someone else with you who can help describe the problems you're having.

Your GP may refer you to a memory specialist for an in-depth assessment. You may need further tests, such as scans.

Any treatment you have will depend on the cause of your memory problems.

Content supplied by the [NHS](#) and adapted for Ireland by the HSE

Sláintecare.

This project has received funding from the Government of Ireland's Sláintecare Integration Fund 2019 under Grant Agreement Number 123.

Page last reviewed: 2 September 2024

Next review due: 2 September 2027

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