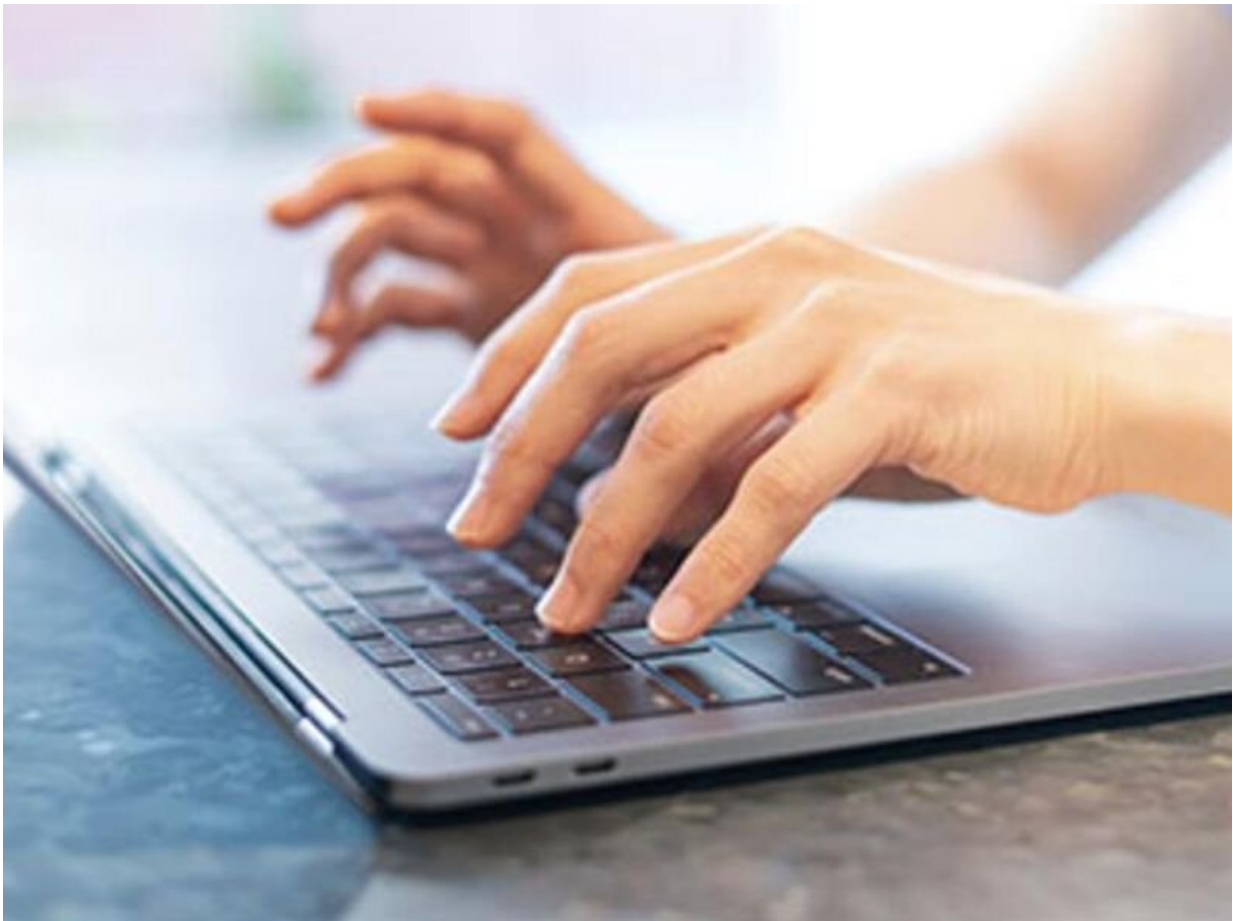


Get a free memory screening from the Alzheimer's foundation this November

November 1 2022, by Cara Murez



Early detection of memory issues is important.

It can help rule in or out a variety of health issues, including [vitamin deficiency](#), thyroid condition, [sleep apnea](#), [urinary tract infection](#) and, of course, [Alzheimer's disease and related dementias](#).

The Alzheimer's Foundation of America suggests getting screened through its free service during Alzheimer's Awareness Month in November. The test is offered weekdays in a secure virtual format, and has no minimum age or insurance requirements.

"Just as we routinely get our [blood pressure](#) and cholesterol evaluated and undergo other health screenings, we need to regularly check our [brain health](#) too," said Charles Fuschillo, Jr., president and CEO of the foundation. "Alzheimer's Awareness Month [November] is a great time to be proactive about your [brain health](#) by getting a memory screening, regardless of whether you're experiencing memory issues."

The foundation's [virtual memory screening](#) consists of a series of questions to test memory, language, thinking skills and other mental functions. Once the 10- to 15-minute screening is complete, a screener will review results with you. Results are confidential.

If a person is experiencing [memory problems](#) due to Alzheimer's disease, early detection can mean starting medications and other therapeutic interventions sooner.

It may also make it more possible for people to participate in a clinical trial and to be active in helping to develop their own care plan.

Appointments for free online screenings can be made by calling the foundation at 866-232-8484 or on its [website](#).

More information: The U.S. Centers for Disease Control and Prevention has more on [Alzheimer's disease](#).

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