



## READ

Read this article about memory.

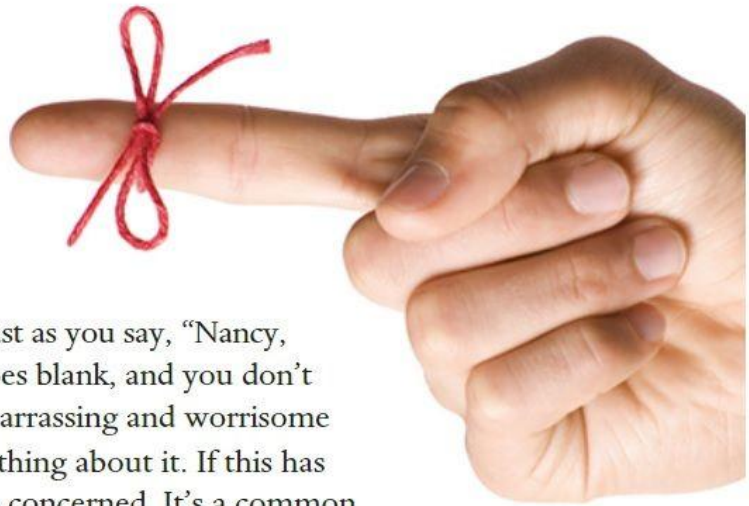
### Try to Remember

You're with a friend, **and** suddenly up walks somebody you've known for a long time. You want to introduce this person to your friend. **However**, just as you say, "Nancy, I'd like you to meet. . .," your mind goes blank, and you don't remember the person's name. It's embarrassing and worrisome enough to make you want to do something about it. If this has happened to you, **though**, don't be too concerned. It's a common problem. As people get older, they tend to become more forgetful. They can't remember everyday details like computer passwords, email addresses, and their friends' names.

I used to worry about memory loss myself. **Therefore**, I decided to do some research into the problem, **and** I learned a number of interesting things about memory and how it works. I also discovered that **even though** memory loss is probably unavoidable, there are things you can do to slow it down.

How does memory work? **First of all**, there are two types of memory: long-term and short-term. Long-term memory refers to our memories of things that we experienced some time ago and that form the core of our knowledge of ourselves. In contrast, short-term memory can be called "working" memory—the type we use in processing such things as passwords and the names of new people we meet.

As we grow older, our long-term memory holds up remarkably well. **Thus**, we are able to remember the highlight of the vacation we took to the Everglades at the age of ten and the alligators we saw there. **Meanwhile**, our short-term memory tends to deteriorate. We



Short-term memory

Long-term memory

have difficulty remembering things like where we put our house keys **because** our short-term memory fails us.

Why does short-term memory decline? Short-term memory operations occur in the frontal lobes<sup>1</sup> of the brain. As people age, these lobes tend to lose mass, as much as 5 to 10 percent per decade. Short-term memory operations require space in order to function correctly. **Therefore**, as the lobes become smaller, short-term memory gets worse.