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Rochester General Hospital Edition | **June 2008**

Memory Loss With Aging:
What is Normal; What Is Not & Ways to Improve Your Memory

Our brain works very much like a computer storing information in various files of our mind or memory. Aging may affect our memory by changing the way information is stored making it more difficult to retrieve or recall stored information. Recent research and literature have suggested that there are steps that can be taken to improve or enhance our memory. If you would like copies of any of these articles, or if you would like further information on this topic, please contact any library staff member.

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