

Debunking the Myth of Senility



Don't think that you're getting senile just because you forget someone's name or can't remember where you parked your car. Everyone forgets occasionally. The truth is, most people do not become senile.

Senility (or senile dementia) is a state of confusion and forgetfulness triggered by mental decline. Almost 100 different conditions mimic the symptoms of senility. Poor nutrition, hormone disorders, and use of certain medications can also cause confusion and forgetfulness. Even then, senility is misdiagnosed up to 20 percent of the time. So don't assume that you or anyone else is senile without a thorough medical exam.