

# 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 or develop serious mental decline with normal aging.

Senility, now called dementia, is a state of confusion and forgetfulness triggered by mental decline. Many conditions mimic the symptoms of dementia. Poor nutrition, hormone disorders, and certain medications can also cause confusion and forgetfulness. To properly diagnose dementia, a thorough medical exam and testing are needed.

