

Anosognosia

To my friends that have made it this far and still kicking. God Bless Anosognosia [pron. ah-naa-suh-NO-zhuh]

What the heck is that? Never heard of it - Check out the details below. Very Interesting.

The number one and main thing that should jump out at all of us is the percentage of people in the world that live to be over 65!

Meaning - If you are reading this e-mail, then you and I ARE one of a very few fortunate people!

THE EARTH'S POPULATION STATISTICS PUT INTO PERSPECTIVE:

The population of Earth is constantly changing, but it's around 7.9 billion at this time. Check it out @
World Population Clock: 7.95 Billion People (2022) - Worldometer (worldometers.info)

For most people, this is an unfathomable figure. However, if we condense that 7.9 billion into 100 persons, and then condense it further into various percentage statistics, the resulting analysis is relatively much easier to comprehend.

Out of 100 people:

11 are in Europe

5 are in North America

9 are in South America

15 are in Africa

60 are in Asia

49 live in the countryside

51 live in cities

75 have mobile phones

25 do not

30 have internet access
70 do not have the availability to go online

7 received a university education
93 did not attend college.

83 can read
17 are illiterate.

33 are Christians
22 are Muslims
14 are Hindus
7 are Buddhists
12 are other religions
12 have no religious beliefs.

26 live less than 14 years
66 died between 15 - 64 years of age
8 are over 65 years old.

Think about this - If you live in your own home, are able to eat full meals & drink clean water, have a mobile phone, can surf the internet, and went to college, you are in a minuscule percentage of the population and are a highly privileged person this day.
(This equates to being in the less than 7% category)

Amongst 100 persons in the world - only 8 will live or exceed the age of 65!

If you are already over 65 years old - be content, grateful, and thank God; cherish life, and grasp every moment.

If you did not leave this world before the age of 64, like the 92 persons who did pass before you, you are truly blessed amongst mankind. Take good care of your own health. Cherish every remaining moment.

If you think you are suffering memory loss.....it's called anosognosia....it gets interesting...

In the following analysis the French Professor Bruno Dubois, Director of the Institute of Memory and Alzheimer's disease (IMMA) at La Pitié-Salpêtrière - Paris Hospitals, addresses the subject in a rather reassuring way:

"If anyone is aware of their memory problems, they do NOT have Alzheimer's."

1. You know you forget the names of families.
2. You know you don't remember where you put some things, but you remember you had them.

This often happens in people 60 years and older and they complain they are losing/lacking their memory.

"All information remains in the brain, but the "processor" is lacking."

This is "Anosognosia" or temporary forgetfulness.

Half of the people 60 and older have some symptoms due to age rather than disease.

Some of the most common cases are:

- forgetting the name of a person,
- going to a room in the house and not remembering why we were going there,
- a blank memory for a movie title or actor, an actress,
- a waste of time searching where we left our glasses or keys...

After 60 years most people have some difficulty, which indicates that it is not a disease but rather a characteristic due to the passage of years. Many people are concerned about these oversights, hence the importance of the following statements:

1. "Those who are conscious of being forgetful have no serious problem of memory."
2. "Those who suffer from a memory illness or Alzheimer's, are not aware of what is happening."

Professor Bruno Dubois, Director of IMMA, reassures the majority of people concerned about their oversights:

"The more we complain about memory loss, the less likely we are to suffer from memory sickness."

Now for a little neurological test: Only use your eyes!

1- Find the C in the table below!

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2- If you found the C, then find the 6 in the table below.

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99
99
6999999999999999999999999999999999999999
99
99

3- Now find the N in the table below. Attention, it's a little more difficult!

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If you pass these three tests without a problem:

- you can cancel your annual visit to the neurologist.
- your brain is in perfect shape!
- you are far from having any relationship with Alzheimer's.

We are truly blessed, so share this with your over 65 friends, and remind them to enjoy life and be reassured.