

Providence Health Talk

Memory and Aging:

How can we maximize our brain function?

Everyone occasionally misplaces their keys or forgets the name of someone they just met. As we age, some degree of memory loss is normal. However, there is a difference between normal memory changes and memory loss disorders.



Gregor Freystaetter, MD, will discuss what happens to the brain as we age and how age affects memory loss. He will address the common symptoms, risk factors and prevention of dementia. Dr. Freystaetter will also suggest ways family members can help.

Come join us for a free Health Talk that focuses on memory and aging.

Thursday, Feb. 23, 2012

6:30 to 8 p.m.

Providence Alaska Medical Center
East Auditorium

(located on the lower level)

3200 Providence Dr., Anchorage

RSVP to 907-212-3145

Find out about
common symptoms, risk
factors and prevention
of dementia.

Presenter bio:

GREGOR FREYSTAETTER, MD



Gregor Freystaetter, MD, earned his medical degree at the University of Vienna Medical School in

Vienna, Austria. He completed his residency in internal medicine at St. Vincent Hospital in Worcester, Mass., and completed his geriatric fellowship at the University of Miami, Fla. He is board certified in internal medicine and geriatric medicine. He currently serves as a physician at Providence Senior Care Center and Providence Extended Care Center.



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