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Memory Screening Survey Shows Americans Are Concerned About Memory Loss, Though Few Share Concerns With Others, Even Their Doctors

Study From MetLife Mature Market Institute[®] In Collaboration With The Alzheimer's Foundation of America and The Center for Productive Aging at Towson University

Westport, CT – October 18, 2006 – A MetLife Mature Market Institute study of people who attended voluntary memory screening during National Memory Screening Day sponsored by the Alzheimer's Foundation of America (AFA) shows 73% have memory concerns, though many may be reluctant to discuss them with others, even their physician.

Among those who were concerned about their memory, 30% had not discussed their concerns with anyone. Of those who did share their concerns, most confided in their spouse.

While 84% of those who completed a survey while attending a voluntary screening said they had visited their doctor within the previous six months, only 24% of those concerned about their memory shared their unease with their physician.

A large discrepancy existed between the genders, as more women (74%) than men (29%) said they had concerns about their memory.

Better than 36% of respondents said the memory screening was their first health screening of any type, with the top motivating factors being forgetfulness (50%), a desire to obtain a baseline score (56%) and having a relative with Alzheimer's disease (21%).

An estimated 4.5 million Americans now have Alzheimer's disease with that number predicted to grow to between 11.3 and 16 million by the year 2050. A MetLife Foundation Alzheimer's survey conducted in early 2006 showed that outside of cancer, Americans fear Alzheimer's more than heart disease, stroke and diabetes.

“With the high incidence of Alzheimer's disease and the aging of the population, individuals are more much aware that certain changes in memory are not part of normal aging. While memory screening is relatively new, it will likely grow in usage as one way for individuals to begin to assess concerns about such memory changes,” said Sandra Timmermann, Ed.D., director of the MetLife Mature Market Institute.

Memory Screening: Who Attends and Why was conducted on AFA's National Memory Screening Day in November 2005 by AFA, the MetLife Mature Market Institute and The Center for Productive Aging at Towson University. Seven

hundred sites in 49 states participated, screening nearly 20,000 people. A total of 2,562 (13%) of those screened completed the survey, which examined the reasons for participation, prior experience with health screenings, contact with physicians, memory concerns and the demographic characteristics of respondents. The average age of those who responded to the survey was 69.9 years. Men in the survey were slightly older (71.3 on average) than women (69.3). Seventy-two percent were retired.

“The findings of the study suggest that while individuals may be concerned about their memory, many may be reluctant to share their worry,” said Eric J. Hall, chief executive officer of AFA. “There is a need to raise awareness and provide education about memory issues and the importance of evaluation to determine whether one may or may not have a problem that requires intervention. The earlier the intervention, the better one’s quality of life can be.”

National Memory Screening Day is an annual event at which qualified healthcare professionals provide free, confidential memory screening as a first step toward proper diagnosis and treatment. These screenings are not a diagnosis of any illness, but can indicate whether further evaluation is required. Now in its fifth year, National Memory Screening Day will be held on November 14, 2006.

The MetLife Mature Market Institute is MetLife’s information and policy resource center on issues related to aging, retirement, long-term care and the mature market. Staffed by gerontologists, the Institute provides research, training and education, consultation and information to support MetLife, its corporate customers and business partners. MetLife is a subsidiary of MetLife, Inc. (NYSE: MET), a leading provider of insurance and financial services with operations throughout the U.S. and the Latin America, Europe and Asia Pacific regions.

The Alzheimer’s Foundation of America (AFA) is a national nonprofit organization focused on providing optimal care to individuals with Alzheimer’s disease and related illnesses, and their families. It unites hundreds of member organizations nationwide that provide hands-on care to meet the educational, emotional, practical and financial needs of families affected by dementia. www.alzfdn.org

The Center for Productive Aging at Towson University provides a focal point for aging-related academic research and community outreach programs of the University. Academic programs at Towson include an undergraduate degree in Gerontology, a graduate certificate and Master’s Degree in Applied Gerontology. Center faculty are involved in applied research related to the aging workforce, family caregiving and aging in the community.

The entire report, *Memory Screening: Who Attends and Why*, can be found at www.maturemarketinstitute.com under “What’s New.”

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