

What is it?

Transient Global Amnesia, also referred to as TGA, is a harmless event where you experience an episode of confusion and/or memory loss. “Transient” means lasting only for a short time, as all events resolve within hours.

People with TGA remember who they are but cannot recall where they are or what time it is. During an event, they do not lose consciousness and can still perform daily tasks such as driving, but cannot recall recent memories, or create new ones.



Stroke Prevention Clinic

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References

Mayo Clinic. (2022, August 10). *Transient Global Amnesia*. <https://www.mayoclinic.org/diseases-conditions/transient-global-amnesia/symptoms-causes/syc-20378531>

Cleveland Clinic. (2023, January 25). *Transient Global Amnesia*. <https://my.clevelandclinic.org/health/diseases/21028-transient-global-amnesia>



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Transient Global Amnesia

Stroke Prevention Clinic



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Symptoms

- Sudden onset of confusion, disorientation
- Repetitive questioning, of the same question - “where am I?”
- Return to normal within 24 hours
- No loss of consciousness, recent head injury, or history of epilepsy

Causes

There is no known cause of Transient Global Amnesia. Some researchers suggest it may be related to the following health conditions:

- age: older than 50 years
- migraines
- heart disease
- high cholesterol

Some common triggers reported include:

- strenuous activity beforehand
- stress, or emotional distress
- immersion in cold/hot water
- sexual intercourse

Diagnosis

Your neurologist gives you a diagnosis based on your medical history, sequence of events and physical examination.

Some testing that may be ordered include:

- **CT/CTA:** a picture of your brain and blood vessels in your brain
- **MRI:** a more detailed picture of your brain
- **EEG:** stickers with electrodes are placed on your scalp to check for seizure activity



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Treatment

There is no treatment for Transient Global Amnesia as it is a rare, and harmless condition.

There are no side effects.

A recurrent episode is very rare—less than 10% have subsequent episodes.

Please seek medical attention if you have additional symptoms such as:

- changes in vision
- severe headache
- numbness or weakness in your face, arm, or leg on one side of your body
- memory problems that do not go away within hours, or if you are concerned

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.

If at any time you are concerned about your symptoms, or they are unusual for you, please seek medical attention.