

Subscribe [Hyperthymesia: What is it?](#) Medically reviewed by Nancy Hammond, M.D. -- Written by Louise Morales-Brown -- Updated on September 21, 2023 [Definition](#) [Characteristics](#) [Causes](#) [Diagnosis](#) [Vs. eidetic memory](#) [Summary](#) [Hyperthymesia](#) is an ability that allows people to remember nearly every event of their life with great precision. [READ MORE](#) [MNT Related Articles](#) [Arm numbness](#) [Hand tremors](#) [Confusion](#) [Stuttering](#) [Tingling in head](#) [Ingrezza](#) [Austedo](#) [Austedo side effects](#) [Austedo dosage](#) [Austedo cost](#) [Austedo interactions](#) [Mestinon interactions](#) [View All Articles](#) + [Get our newsletter](#) Keep up with the ever-changing world of medical science with new and emerging developments in health. Enter your email Your privacy is important to us [About Us](#) [Contact Us](#) [Terms of Use](#) [Privacy Policy](#) [Privacy Settings](#) [Advertising Policy](#) [Health Topics](#) [Health Hubs](#) [Medical Affairs](#) [Content Integrity](#) [Newsletters](#) (C) 2024 Healthline Media UK Ltd, Brighton, UK. All rights reserved. Medically reviewed by Heidi Moawad, M.D.

There are many reasons why a person may have amnesia, which refers to difficulty recalling prior experiences or forming new memories. [READ MORE](#) [Parkinson's 'brain pacemaker' halves symptom time in small trial](#) An small new study has found that adaptive deep brain stimulation that uses AI can reduce the time a person experiences their most bothersome... [Neurology / Neuroscience](#) [Psychology / Psychiatry](#) How we reviewed this article: [Sources](#) [Share this article](#) [Related Coverage](#) [How to forget unwanted memories](#) Scientists are uncovering new ways of getting rid of bad memories. Some researchers have noted that these individuals share some characteristics [Trusted Source](#) with people who have obsessive-compulsive disorder (OCD). Another study [Trusted Source](#) suggests that people with HSAM have increased activity within different regions of the brain, such as the superior and inferior parietal lobe. [Hyperthymesia](#) differs from eidetic memory in that it focuses on a person's ability to recall their autobiographical experiences rather than to hold visualizations in their mind. This theory implies that people with HSAM obsessively think [Trusted Source](#) about their previous experiences. [Diagnosis](#) As hyperthymesia is a rare ability, there is currently no formal way of diagnosing it. Some research suggests that people with hyperthymesia have hyperactivity in certain parts of their brain. Doctors could potentially, therefore, assess whether a person has HSAM by taking an MRI scan while they undergo a memory test. [About](#) [Careers](#) [Advertise with us](#) [OUR BRANDS](#) [Healthline](#) [Medical News Today](#) [Greatist](#) [Psych Central](#) [Bezzly](#) See additional information.