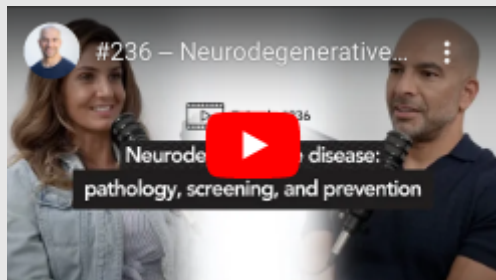


## Alzheimer's & Brain Awareness Month

Although it may be a tough pill to swallow, this podcast is highly recommended to learn more about neurodegenerative diseases.



## A Migraine Journey

Imagine 13+ years of migraine struggles, several times every month, all while utilizing different treatments such as: certain medications, chiropractic care, acupuncture, physical therapy, massage therapy, and cranial sacral therapy. This participant's last resort was to try a specific occipital nerve block on the right side under fluoroscopy x-ray. Insurance was not going to cover this which led her to seek out a second opinion with VezaHealth.

She had a remote second opinion with a partnering physician specializing in migraine treatment. The provider did agree the nerve block would help if it is taken in conjunction with a migraine medication. Fortunately, the treatment could be done in office and not under fluoroscopy x-ray, which is why insurance denied coverage initially. The remote second opinion physician also educated her on dietary changes to help diminish migraine occurrences and other treatment options she was not provided in the past.

### Participant Feedback:

Relieved with the advice given she started crying, "I thought I was at the end of my options and to hear that I could get relief from these migraines is so reassuring".

***If VezaHealth is part of your health plan, we are available at no cost to you. If not, please have your HR Director contact us today!***

***\*The VezaHealth newsletter is not medical advice. Only seek medical advice from a qualified physician.\****



## Finishing Life Well: Cori Zavada, J.D.

### Would You Rather Know?

The thought of a loved one or myself being diagnosed with a neurodegenerative disease is terrifying. However, I believe that the sooner we know about any condition we may be susceptible to, the more we can learn, and the better off we are. I find little to no value in walking through life with blinders on.

I found Peter Attia's podcast, "#236 - Neurodegenerative disease: pathology, screening, and prevention" fascinating and the connection that Dr. Niotis made between REM sleep behavior disorder and certain neurodegenerative diseases is somewhat frightening.

If you are one of those individuals that would rather not know, I would encourage you to selectively listen to the podcast we are sharing and **stop reading here**.

According to Dr. Niotis, if you have REM sleep behavior disorder to the extent that you are acting out your dreams, literally swinging and kicking in your sleep, that is a strong indication that you are susceptible to Parkinson's or Lewy Body Dementia.

Much like when Chris Hemsworth learned that he carries not one but two copies of the APOE4 gene, putting him at a higher risk for Alzheimer's disease, it is not necessarily cause for alarm but a piece of vital information. This knowledge allows you to make certain lifestyle changes that may impact your life long term. In some cases, nearly 20-30 years prior to any typical neurodegenerative symptoms developing you can make beneficial lifestyle changes. Knowledge itself is power!

Finish Life Well,

*Cori*