

Signs of Cognitive Impairment.

- Memory loss (especially recent events)
- Troubles planning or problem solving
- Difficulty finding words or following along in conversation
- Getting lost in familiar places
- Mood or personality changes
- Repeated questions or misplacing items
- Reduced judgment.

See your Primary Care Physician

- History & Cognitive Screening (MMSE, MoCA)
- Physical & Neurological Exam
- Blood tests: CBC, CMP, TSH, Vitamin B12, Folate
- Screen for depression
- Hearing Test
- Review medications that may affect memory
- Refer you for further testing or management

Neurologist Work Up

- Full neurological exam
- Brain imaging (MRI preferred)
- EEG if seizures suspected
- Lumbar puncture if needed
- Genetic testing (early onset or strong family history)
- Referral for advanced neuropsychological testing
- Manage treatment for any neurological issues.

Psychiatrist Work Up

- Assess mood disorders, anxiety, psychosis
- Rule out pseudodementia (depression)
- Detailed cognitive testing
- Evaluate behavioral symptoms
- Review family & social support
- Manage treatment of any behavioral or mood issues.

Dementia Work Up and Treatment

- Work up helps with management and treatment. .
- Medications available to improve memory and mood disorders or behavioral issues, if present.
- Important for patient to eat a balanced diet, exercise, utilize brain stimulating activities and socializing, and have a strong support system.