

Pronene Memory Plan

Memory Health Checklist (v.2024)



Name: _____ Date: _____ Age: _____ Birth Sex: M F

Research shows that changes to memory and cognitive health can be caused or worsened by preventable conditions. Signs of problematic memory changes can occur in the 40's to 50's and are often "atypical" because they do not usually present with prominent memory loss as the first sign, and therefore are easily missed. The purpose of this checklist is to provide you with an easy-to-understand list of health factors that need to be managed to support a healthy memory.

Complete this form yearly after the age of 40. Discuss any concerns or requested assessments with your doctor.

- ☐ **Sleep Apnea:** Sleep apnea interrupts nighttime breathing, reducing brain oxygen and dramatically increases memory loss risk from hypoxia. Not all sufferers snore. Sleep tests can miss 20% or more cases due to nightly variations. If strongly suspected, consider retesting in 3-6 months. At-home sleep apnea testing is widely available.
- ☐ **Blood work:** Assess B6, B12, E, A, D, TSH, & blood sugar. Ask your doctor if morning blood work is best.
- ☐ **Medication effects.** Limit regular use of strong anticholinergic medications, including most allergy meds (excluding nasal steroid sprays) and "PM" sleep aids. Seek alternatives to benzodiazepines if feasible. Always consult your physician before stopping any medication and discuss if these concerns apply to you.
- ☐ **High blood pressure.** Assess and manage.
- ☐ **Diabetes.** Assess and manage. Avoid diet sodas with aspartame, which increases the risk of diabetes.
- ☐ **High cholesterol.** Assess and manage.
- ☐ **Hearing.** Poor hearing is a strong predictor of memory decline. Consider a hearing test and using hearing aids.
- ☐ **Dental Care:** Oral infections, gum inflammation, & tooth decay predict memory loss. Practice daily dental hygiene.
- ☐ **Vaccines.** Flu, COVID-19, and shingles infections predict memory loss. Very important to get all adult vaccinations.
- ☐ **Obesity.** Being overweight increases the risk for memory loss and multiple other health problems.
- ☐ **Mental health:** Treat and avoid depression, anxiety, and chronic pain. Stimulant use with ADHD is associated with an 8.6x increased risk of early onset Parkinson's disease. 75% of those with Parkinson's get dementia in 10 years.
- ☐ **Alcohol.** Drinking more than 14 drinks per week increases the risk of memory decline. Even 1 drink per day is associated with shrinking brain volume. The benefit of wine is minimal to a myth.
- ☐ **Smoking.** Smoking increases the risk of memory decline, stroke, and COPD. Please stop smoking.
- ☐ **Sleep:** Get between 7.5 and 9 hours of restful sleep. Talk to your doctor if you experience restless sleep.
- ☐ **Dogs:** We love dogs, but they do dramatically increase fall risk in seniors. Falling increases the risk of pain & strokes.
- ☐ **Soda:** Drinking carbonated dark soda beverages increases risk for osteoporosis, which in turn, increases risk of breaking bones. Diet soda with aspartame has been linked diabetes. Avoid all soda drinks.
- ☐ **What else helps?** Use of fluticasone furoate, small doses of sildenafil citrate, and NSAIDs are each separately linked with a 70% reduced risk (not paid adv.) of memory decline.* Basic multivitamins are linked with a 30% reduced risk.* The MIND Diet is linked with a 50% lower risk.* Talk to your physician to see if these options are a fit for you.
- ☐ **Neuropsychology:** Talk to your doctor about a neuropsychological evaluation if you have concerns about your memory. Testing is painless and can be informative.

Research: Researchers continue to study dementia and its treatments, but there's no cure. Interested in helping? Scientists desperately need healthy individuals, young adults, and those with memory issues. These independent research resources aren't part of the Pronene Memory Plan. Physicians and those interested, please visit:

<https://www.alzheimers.gov/clinical-trials> or www.CIDR-P.org