



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

Studies indicate that preventable conditions can lead to or worsen changes in memory and cognitive health. Often, early signs of memory issues, which can start in the 40s to 50s, are subtle and not primarily marked by significant memory loss, making them easy to overlook. This checklist aims to offer a straightforward guide to health factors important for maintaining 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 dark soda caffeinated beverages increases risk for osteoporosis, which in turn, increases risk of breaking bones. Diet soda with aspartame has been linked diabetes. Consider limited soda intake.
- What else helps?** Fluticasone furoate, small doses of sildenafil citrate, and NSAIDs are each separately linked with a 70% reduced risk of memory changes.* 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 Participation: 80% of dementia research is delayed or compromised due to the lack of participants. Interested in helping? Scientists are looking for healthy individuals and those with memory concerns. These independent research options are separate from the Pronene Memory Plan. We direct those interested in joining the effort for new discoveries to register with the Center for Innovate Dementia Research (CEIDER).

www.CEIDER.org