

# THE BRAIN HEALTH & ALZHEIMER'S PREVENTION CHECKLIST

A Proactive Approach to Cognitive Longevity

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## Alzheimer's doesn't start when you forget your keys.

Brain changes can begin years—even decades—before symptoms appear. By the time memory loss becomes noticeable, underlying pathology may have already matured. The goal is not fear. The goal is identifying risk early enough to take precise medical action.



### 1. RULE OUT REVERSIBLE CAUSES

- ✓ Complete Blood Count (CBC)
- ✓ Complete Metabolic Panel (CMP)
- ✓ Vitamin B12 + Methylmalonic Acid (MMA)
- ✓ Folate
- ✓ Thyroid Testing (TSH, Free T4)
- ✓ Vitamin D
- ✓ ESR + CRP (Inflammatory Markers)
- ✓ HIV & Syphilis Testing

#### WHY IT MATTERS

Many causes of brain fog, fatigue, and memory complaints are entirely treatable and must be ruled out before assuming neurodegenerative disease.

### 2. EVALUATE METABOLIC & VASCULAR HEALTH

- ✓ Hemoglobin A1c
- ✓ Fasting Insulin
- ✓ Advanced Lipid Panel
- ✓ Apolipoprotein B (ApoB)
- ✓ Lipoprotein(a) [Lp(a)]
- ✓ Homocysteine

#### WHY IT MATTERS

What's good for your heart is good for your brain. Blood sugar control, insulin sensitivity, and vascular health dictate long-term cognitive performance.

### 3. LOOK AT THE BRAIN ITSELF

- ✓ MRI Brain (Preferred protocol)
- ✓ CT Brain (When clinically appropriate)

#### WHY IT MATTERS

Structural neuroimaging accurately identifies prior silent strokes, structural abnormalities, regional brain atrophy, hydrocephalus, or hidden mass lesions.

### 4. ADVANCED NEURO-RISK ASSESSMENT

- ✓ APOE Genetic Testing
- ✓ Alzheimer's Blood Biomarkers (p-tau217, p-tau181)
- ✓ Amyloid Beta 42/40 Ratio
- ✓ Neurodegeneration Biomarkers (NfL, GFAP)
- ✓ Amyloid PET Scan / CSF Analysis

#### WHY IT MATTERS

These advanced biomarkers assess precision Alzheimer's pathology risk years early when interpreted contextually by an expert physician.

## THE REAL GOAL: PROACTIVE INTERVENTION

This isn't about living in fear of Alzheimer's. It's about early discovery to optimize:

- ✓ Metabolic Health
- ✓ Blood Sugar Control
- ✓ Cardiovascular Health
- ✓ Sleep Quality
- ✓ Physical Activity
- ✓ Precision Nutrition
- ✓ Stress Management
- ✓ Inflammation Reduction
- ✓ Cognitive Engagement

Brain health is built long before symptoms appear.

**START EARLY. MEASURE INTELLIGENTLY. ACT PROACTIVELY.**