

COGNOSCOPY

Baseline assessment of cognitive function and risk

A strategy to keep your brain healthy!



photo by Joseph Jacobs

The Cognoscopy is an extensive evaluation. Laboratory testing will be tailored to meet your goals based upon current concerns and risk factors identified in the history and physical exam.

TESTING of COGNITIVE FUNCTION – A simple 15 minute test which we perform in the office will give us a baseline assessment of your current cognitive function and will allow us to track your progress. More extensive testing will be recommended as appropriate based upon your history and risk factors.

TESTING for INFLAMMATION – Inflammation causes protective changes in the brain which allows for the preservation of life sustaining functions at the expense of memory. Part of the cognoscopy includes testing for the presence of inflammation so that we may develop strategies to reduce it if present.

TESTING for METABOLIC BALANCE – Dysregulation of glucose and lipid metabolism can be caused by and contribute to inflammation. The cognoscopy includes tests of metabolic balance which can often be restored with appropriate dietary modification and exercise.

TESTING for HORMONAL BALANCE - As we age many systems tend to slow down and the removal of growth-promoting signals causes the brain to retreat. Chemical signals which contribute to brain health are assessed for optimization for brain health. While hormone replacement may be recommended for some individuals, many lifestyle interventions including exercise, getting adequate sleep as well as brain training can help to stimulate release of signals which promote brain health.

TESTING for TOXICITY – Exposure to environmental toxins including heavy metals, chemicals, bio-toxins and chronic infections can contribute to both direct insults to the brain and can cause immunologic

responses which can negatively impact cognitive function. We will explore your risks and will test for toxins which may be putting your brain at risk of less than optimal function.

TESTING for NUTRITIONAL ADEQUACY - As is true for the rest of our body, the brain is dependent upon proper nutrition for optimal function. The cognoscopy includes a nutritional assessment to assure vitamins and minerals known to play a key role in brain health are optimized.

TESTING for GENETIC RISK – Certain genes can play a role in reducing or increasing an individual's risk for Alzheimer's disease. These will be discussed in the context of your personal and family history and offered as indicated.