

Clinical Profile

when testing for Cognitive Impairment

≥ 75: Normal Cognitive Function:
 “Maintain healthy lifestyle and overall wellness.”

Between 51-74: Low-Moderate Cognitive Impairment:
 “Start the doctor-patient dialog.”

≤ 50: Severe Cognitive Impairment:
 “Optimal doctor-patient management matters.”

Cognitive impairment may be caused by a number of underlying conditions.

Main Categories	Underlying conditions most commonly associated with cognitive impairment:	
Lifestyle	<ul style="list-style-type: none"> • Poor diet • Sedentarism • Stress 	<ul style="list-style-type: none"> • Unbalanced work-life style • Substance abuse • Polypharmacy
Cardiovascular	<ul style="list-style-type: none"> • High blood pressure • Heart failure • COPD 	<ul style="list-style-type: none"> • Arrhythmias • Post-myocardial infarction • Cardiorenal syndrome
Metabolic	<ul style="list-style-type: none"> • Diabetes • Vitamin deficiencies 	<ul style="list-style-type: none"> • Dyslipidemia • Liver diseases (cirrhosis, hepatitis, etc.)
Sleep Disorders	<ul style="list-style-type: none"> • Chronic insomnia • Sleep apnea 	<ul style="list-style-type: none"> • Restless leg syndrome
Neurological Disorders	<ul style="list-style-type: none"> • Chronic depression, anxiety • Chronic pain • TBI 	<ul style="list-style-type: none"> • Multiple sclerosis • Epilepsy • Parkinson’s disease • Post-stroke • Dementias (vascular, Alzheimer’s disease, Frontotemporal, Lewy body)
Hormonal Imbalances	<ul style="list-style-type: none"> • Hyper/hypothyroidism • Menopause 	
Other	<ul style="list-style-type: none"> • Post-surgery • Post-chemo/radiation 	<ul style="list-style-type: none"> • During hemodialysis • Environmental toxins: (arsenic, lead, mercury, asbestos)