

≥ 75 Normal Cognitive Function

Encourage patient to maintain healthy lifestyle

- Re-test next year

51-74 Low Cognitive Impairment

Start dialogue with the patient

Not limited to, but some common causes/underlying conditions to check for:

- Unhealthy lifestyle
Poor diet, sedentarism, substance abuse (alcohol & others), stress & unbalanced work-life style
- Cardiovascular & metabolic conditions
Diabetes, vitamin deficiencies, dyslipidemia hepatic/renal issues
- Sleep disorders
Sleep apnea, RLS
- Neurological focal & chronic issues
Chronic pain, depression, epilepsy, TBI, post-stroke
- Hormonal changes
Thyroid, menopause
- Post-surgery, post-chemo

Consider referring to a specialist/counselor for further evaluation and management

≤ 50 Moderate-Severe Cognitive Impairment

Optimal management matters

- Available treatment/clinical trials
- Other therapies
- Planning

Consider referring to a specialist/counselor for further evaluation and management