


# Webpage: homepage

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 COGMINDER

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## Get help sooner than later

The CogMinder survey is designed to generate a report based on your symptoms. We will then connect you with others who are in similar situations.



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# Sample Report

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## Report

Given questions and overall results, memory and thinking have become abnormal.

There is some discrepancy in the information which limits the report. Please reflect on the onset (gradual) and progression (getting worse) of the memory or thinking problems. With these limits in place, however, and based on the questions and overall results, a cognitive disturbance appears to be present. This is not consistent with normal aging. Instead, a dementia is present. Dementia is defined as a cognitive dysfunction and behavioral problems that interfere with a person's daily life and activities. Dementia ranges in severity from the mildest stage (perhaps as it is just beginning to affect a person's functioning), to the most severe stage (greatly limiting memory, language, and other thinking processes).

Alzheimer's disease is the most common dementia, which is gradual at onset and progressive over time.

There are static dementias from numerous causes which can produce unchanging cognitive problems. Many brain conditions remain stable over time. Possibilities include but are not limited to psychiatric problems like mood disorders and anxiety, stroke(s), traumatic brain injuries and other brain injuries from brain infections or demyelinating diseases. A condition called hippocampal sclerosis, or LATE, is due to collections of a protein called TDP43 and is associated with a very slow course, but cannot be diagnosed clinically. Reflection on the onset and progression of the cognitive problems may make things clearer.

At this point, one should see a doctor to search for the causes of the problem. In the meantime, focus on a healthy lifestyle: exercise, sleep, diet. Reflect and investigate poor or disordered sleep; attentional or psychiatric or emotional problems; stress; painful conditions; and even medications. A progressive cognitive disturbance MAY be present but is less likely without a history of a gradual and progressive course. Diabetes, depression, anxiety, insomnia, high blood pressure, and high cholesterol should be treated if present.

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# Referrals to clinics

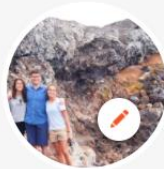
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## Memory Clinics

