



A.G.E. Brain Waves

Matters Clinic

Adult and Geriatric Evaluation clinic

Our Mission:

Comprehensive assessment of cognition, function and behaviour, in the aging adult population.

Distinguish true memory impairment from anxiety, depression and other affective disorders.

We are a multi disciplinary clinic, offering personalized counseling, education and innovative, state-of-the-art treatment, all within a supportive and professional environment.

Current Ideas for Optimizing Brain Health

A periodic newsletter sponsored
by

A.G.E. Matters:
Adult and Geriatric
Evaluation clinic

Welcome to the launch of A.G.E. Matters:
Brain Waves:

The newsletter for physicians who manage
patients with cognitive impairment

Our newsletter is available on our website:
www.agemattersclinic.com.

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Our email is a.g.e.matters@rogers.com.

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Heart and Mind:

Connecting CardioVascular health optimization with Brain Health

Controlling Hypertension is central to preservation of memory as we age. Multiple studies have demonstrated the importance of optimal BP control and its role in preventing the onset of cognitive impairment.

Yet, less than half of our patients are optimally controlled! We have an opportunity as doctors to improve our patients' health in the next great frontier of medicine: delaying the onset of age-associated cognitive impairment, MCI, and dementia!

Treatment goals should be no greater than 140/85 for the average patient. However, if there is diabetes or the beginnings of memory problems of any kind, our goals should be stricter, aiming for <130/80. It is important that we nurture a therapeutic partnership with our patients and their families; teaching them that controlling their BP will preserve their memory and brain function as they age. Frequent office visits, home blood pressure monitoring, utilization of nurse practitioners and other allied health, and above all education.

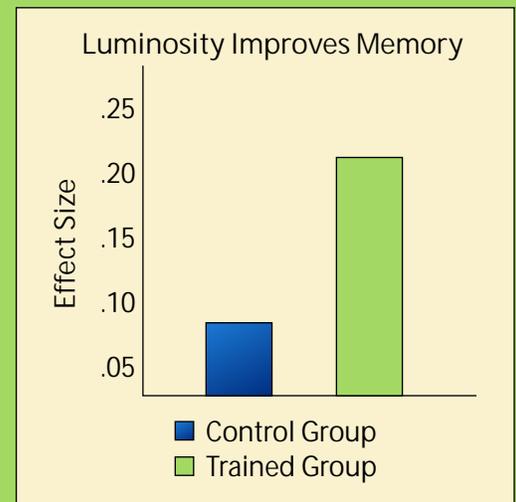
There are many other specific goals to discuss in the Heart and Mind connection. These will be featured in future A.G.E. Matters: Brain Wave newsletters.



Cognitive Training:

Just as we train our bodies through stretching and building muscle-mass, we can also train our minds, stretching our cognitive abilities and recruiting additional neurons, allowing us to maintain our level of function, focus and memory. This is particularly beneficial for healthy adults, as well as for the individuals with the beginnings of age-associated cognitive impairment, MCI, and even the beginnings of dementia.

Lumos Science is one of the pioneers in on-line cognitive training. A client who spends 15 minutes a day Monday through Friday for 30 days, will have both subjective and objective improvement in focus, attention and short term memory. Their website is www.lumosity.com.



A.G.E. Matters now offers a cognitive training program with access to these 2 programs, along with a coach-mentor at our new offices at 34 Monkton Avenue, near Bloor and Islington. Even the most novice computer user is able to participate in our program, which is integrated into our assessment and treatment services.

Cognitive Screening:



The DECIDE study is a breakthrough in our understanding of the need for cognitive screening, based on the connection between cardiovascular risk factors and cognitive impairment. Canadian family doctors enrolled 1,500 patients. All were all over 65 years old and all had at least 2 cardiovascular risk factors. They were evaluated using the Montreal Cognitive Assessment (MoCA).

The expected prevalence of dementia in this age group is known to be 2%. However, in this group, selected by both age and the presence of CV risk factors, the prevalence of dementia was found to be 7%. Further, the prevalence of MCI in this group was >30%!

The debate is over. Cognitive screening in a select, at risk population, is the new standard of care. The simple selection criteria is as follows.

- Age >70 and 2 CV risks
- Age >75 and 1 CV risk
- Age >80, even if there are no overt CV risks.

We recommend using the Dementia Quick Screen (DQS) as the screening tool. The DQS takes only 6 minutes to administer, as follows.

- 3-word registration task (yellow, chair, horse)
- Name 4-legged animals in 1 minute (normal >14)
- Draw a clock, showing the time to be "10 past 11"
- Recall the 3 words.

Failure in >1 task triggers a full assessment with either an MMSE or MoCA. This can be done by the family doctor, a nurse through a cognitive assessment clinic, or by a specialist.

Diagnosing cognitive impairment at its earliest stages allows us to intervene with cardiovascular optimization, cognitive training, and where appropriate, with cholinesterase inhibitor treatment.

Our goal is to delay the onset and the progression of a dementia syndrome.



A.G.E. Matters approach

- Geriatric Assessment
 - Initial 1 1/2 hour intake and assessment by Dr. David Tal
- Cognitive Assessment
 - Individualized Cognitive Assessment by Psychologist
 - Neuropsychological profile in 5 domains of cognition
Performed over 1-2 session for total 3 hours
- Functional Assessment
 - Incorporated into initial assessment by Dr. Tal
 - Home visit if needed, to be arranged through COTA
- Feedback, Counseling, and Planning session
 - 1 hour session with Dr. David Tal
 - Access to Social Work through CCAC or privately, as appropriate for planning and counseling
- Written consultation report to referring physician
- non-OHIP costs for above services: \$850
 - services may be partially covered by private insurance