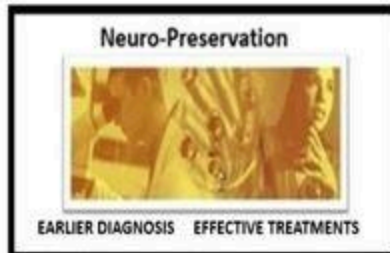


We all lose memory... now there are proven interventions,
your doctor can help even
BEFORE YOU HAVE REAL PROBLEMS



52 Beaumont Road Melville, NY 11746
Current Phone 843 224 5225 Fax 631 824 9225 Info@Neuro-Preservation.com

Neuro-preservation over the last 7 years has improved all 3 phases of management:

- Simple, smart screening
- Safer, more effective medications
- A guide for the best lifestyle



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BASIC MINI-COG,
MONTREAL
COGNITIVE, EXCESSIVE
DAYTIME SLEEPINESS,
SLEEP QUALITY, IQ,
DEPRESSION, ANXIETY,
LIFESTYLE
DEFICENCIES THAT
NEED IMPROVEMENT



TESTING

Your eyes can show changes before forgetfulness. Your provider has a very sensitive **eye tracker (a brief enjoyable test)**. It will exactly measure your ability to follow a moving object, fixate or stop, and more.

Tracking is combined with **a carefully selected group of questionnaires** to give you and your provider the ways to **delay forgetfulness-mathematically, in some cases, up to decades.**

Your lifestyle improves as soon as you begin!

You may need more advanced testing- such as neuroradiology or a neurologist. Our tests provide a path for insurance coverage for both.

*Some testing can be done **at home** with a friend or relative.

There is no cure for existing structural disease, we prevent or delay, so the earlier one is suspicious (even age 50), get tested and start improving your cognitive life.

Learn much more at NEURO-PRESERVATION.COM



Better **SENSORY in
Better thinking out**



VISION We all can tell when things get blurry, so we visit an eye specialist

***HEARING LOSS** OFTEN comes on slowly and patients don't realize **all the conversation** they are missing. Sometimes you may even subconsciously avoid social meetings. Your brain needs input and conversation is FUN.

The great news is that Medicare has made hearing aids much, much more affordable.

As a cognitive expert, our founder had TWO patients who had been declared mentally incompetent. Simply getting good hearing aids they regained independence!.

Hearing is crucial.

We believe that expert testing/ fitting can be done at home. You want quality modulation (not just louder), and no background noise hearing aids. We are reviewing for you (some at 25% of former costs). We have a brilliant PhD audiologist. LEARN MUCH MORE ONLINE.



MOOD
STRESS AND
ADJUSTMENT

There are unavoidable stresses that come with aging. Sometimes talking about issues with a doctor, friend, social worker, or clergy can be affordable help. There are more than 10 common challenges with normal aging.

Our expert suggestions are free.

Scheduling your days, getting sleep, exercise, and more social activities make you healthier. But some problem require tough decisions.

OUR SMARTEST MOOD and STRESS BREAKERS

Forgiveness is probably our greatest stress eliminator. Look at happy people. They don't carry hate or anger. Healthy is one who forgives, understands other people's issues, and happily moves on... but do not forget.

Gratitude lowers stress and loneliness...can you name 3 things you are thankful for this week. Saying thankful is healthy!

Set boundaries...be involved but don't get stressed about other's demands, set boundaries and take care of yourself. Too many will take advantage of givers. Everything in moderation. We have societal obligations, but always remember those loved-ones **who need to be close to your heart.**

STROLLING WITH A LOVED-ONE



EXERCISE stimulates cerebral (brain) nerve activity and blood flow- exercise is extremely important for emotional release, stability, and happiness.



Music and dance especially helps your heart and stimulates your entire brain. Just trying is fun at every age.

Be sure a therapist oversees any new strenuous exercise as the wrong exercise can cause injury.

Medicines to avoid. Your doctors will say there are risks and benefits. Example, if you have heart disease, then beta-blockers or statins are very important. See the website for a better understanding of the major categories and a specialist's comments.



MEDICINES
Learn the
good and bad

For corrective medications

BASICS OF COGNITIVE LABORATORY TESTING

B12, Folate, triglycerides, thyroid hormone, low cortisol, and testosterone [Much more is on-line](#)

Supplements getting good press and a link to an expert neurologist who objectively studied supplements, their mechanism (how they work) and benefits and risks.

https://www.youtube.com/watch?v=3i6_0UN51nM&t=10s

THIS IS A GREAT WATCH VIDEO



Neurogal



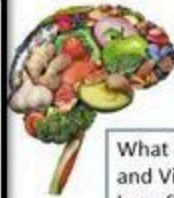
**TRAIN
THE
BRAIN**



Keep your brain's train on track!

We want you to discover activities **that translate into something practical**, permanently helpful to make each day easier and more enjoyable

JUST LEARNING THIS SMARTEST EVER APP COMMUNICATIONS will open so many more ways of training your brain through conversation, sharing, laughter, and hopefully some computer skills!



Eat smart - [Harvard Health](#)

What in addition to B12, folate, D₃ (MEASURABLE) and Vitamin E has literature proven cognitive benefits? [read more](#)

for more detail and understanding please visit
WWW.NEURO-PRESERVATION.COM



**SCHEDULE
YOUR DAY**



***SLEEP** – A NORMAL SLEEP WAKE SCHEDULE

ACTIVITY- GETTING OUT PREFERABLY WALKING,
PREFERABLY WITH A FRIEND

PLAN YOUR DAY-- SET ROUTINES SUCH AS MEALS
AND MEDICATIONS,

ALLOWS FOR FLEXIBILITY IF YOU GET A LAST-
MINUTE CALL OR EVENT- YOU WILL KNOW HOW TO
FIT OTHER ACTIVITIES INTO YOUR SCHEDULE



**TOTAL MIND
and BODY**

THE SMARTEST EVER PROGRAM
COMBINES **PHYSICAL HEALTH, COGNITIVE HEALTH,**
AND **EMOTIONAL HEALTH**

Take the best care of your general health and your
cognitive (thinking) health will follow.

*All illnesses typically tire you to some extent, be sure that your memory issue is not one
of the commonly overlooked conditions such as gum disease, low grade urinary infection,
sinus disease, or one of the many others listed at NEURO-PRESERVATION.COM

Exercise, social activity, good sleep, heart health, diet,
are ALL mandatory for a healthy body and mind.

GET TESTED AND BE YOUR



S	M	A	R _x	T	E	S	T
SENSES	MOOD	STAY ACTIVE and ENGAGED	MEDICATIONS KNOW THE GOOD AND THE BAD	TRAIN YOUR BRAIN	EAT SMART	SCHEDULE YOUR DAYS	TOTAL BODY TOTALMIND



**These are common emotions.
Early recognition and finding support
is an important part of our free
healthier brain program.**

[www.neuropreservation.com/emotional
health](http://www.neuropreservation.com/emotional-health)

Definitions, discussion regarding dementia, causes and related tests

Dementia is a neurological condition marked by three pillar problems. Memory loss, loss of judgment, and mood issues

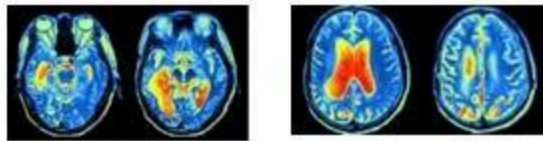
AD ALZHEIMER'S DISEASE is a brain degeneration disease that typically involves the memory system called the limbic system. There are classical changes on brain scanning. Of the dementias Alzheimer's disease is about 72% of the cases

SLEEP DISORDERS one of the most common accelerators of ad or Alzheimer's disease. Poor sleep patterns affect memory and your drive to keep your mind intact. Sleep Disorders range in severity the most common to cause dementia is the inability to sleep at night and stay awake during the day. However, some studies show 68% of adults have insomnia (inability to maintain good quality sleep).

MOOD DISORDER inability to maintain a normal mood. A very high percentage of people have either depression or anxiety.
Depression is sadness and often associated with similar

Depression is often associated with poor sleep, loss of daily interests, appetite changes, and emotional lability such as easily being tearful. Unfortunately, it can be expressed as anger. We offer psychological tests to identify depression. Diagnosis is important, it accelerates mental deterioration.

MRI- MAGNETIC RESIDENCE IMAGING and PET SCAN- a relatively safe, non-invasive imaging of the brain to identify causes of dementia. Imaging is sensitive to subtle anatomical & functional disease.



CT HEAD an imaging is a very good choice for less subtle structural disease such as cancer or major stroke. When possible, a CT can be given without contrast to lower brain and kidney damage.

CLINICAL TRIAL is a testing method best done double blindly or without physician or patient's knowledge of what is being given. Results can then be more objectively compared. Some studies are suspicious if they are paid for by the company whose drug is being tested

***PLACEBO EFFECT-** GOOD mood is beneficial. The drugs we support have PROVEN NEUROLOGICAL MECHANISMS. Every supplement has their testimonials, we refer you to the literature and trials.

for more understanding and to better help your doctor
with often over-looked symptoms... please visit
WWW.NEURO-PRESERVATION.COM