

Knowing your possible risk of Alzheimer's disease gives you the power

Good communication with your doctor helps you get the healthcare you need. It's important to share all you can about your health, including any issues with your memory or mental sharpness that may be causing you worry.

In fact, speaking with your doctor is the first step in deciding what kinds of tests might help explain what's bothering you. There are many factors that can lead to thinking difficulties. Some of them can be easily treated. Others are more complicated.

If you're worried about Alzheimer's disease (AD) or other kinds of dementia, there are ways to find out whether you might be at risk for these conditions.

Knowing whether you're at potential risk for developing AD gives you the power to take action. You and your doctor can work together to develop a plan to reduce your potential risk or slow down any progression. This could include **healthy lifestyle choices** and **emerging treatments**.

We're providing the form below to help you list any concerns you may have about your reasoning or moods. It will also help you outline your medical and family history. It's a place to jot down any questions you'll want to ask to make the most out of your visit with your doctor.

Any doctor's visit is an important opportunity to:

- Speak openly with your doctor
- Ask questions if any of your doctor's explanations or recommendations are unclear
- Discuss any important issues that your doctor may not ask about
- Share any concerns you may have about changes that may impact your quality of life
- Ask questions about any recommended tests or treatment

Making the most of your doctor's appointment for memory loss, mood changes, or other health changes:

Complete the form below or ask your loved one or caregiver to help.

1. Have you recently had trouble remembering recent events, concentrating, making decisions, or completing everyday tasks? List any examples below, and be as specific as possible.

2. Have you had a past diagnosed head trauma or brain injury? If so, list details about the event and the approximate date that it happened.

3. Have any of your family members experienced memory problems or been diagnosed with dementia or AD? If so, list each family member below, noting their relationship to you.

4. List all prescription and over-the-counter medications, vitamins, and supplements you've started taking since you last spoke with your doctor. Be prepared to discuss these during your visit.

Questions to ask about testing for memory loss and AD:

You, your loved one, or your caregiver can write your doctor's answers below for reference later when assessing next steps.

1. What tests can be performed to assess:

- Whether I have AD, another form of dementia, or "normal forgetfulness" associated with aging?
- Whether I have memory loss due to medication side effects, fatigue, poor sleep, stress, or other causes not associated with AD or other dementia types?

2. How will I know if any of these tests, like AD-Detect™ Test for Alzheimer's Disease Risk, are right for me?

3. What's involved in the test? How does it work?

4. How long will it take to learn results?

5. What will knowing my potential risk of AD do for me? How will it affect my next steps?

6. What are "lifestyle changes," and how can they affect my risk of AD?

7. If you have any other questions for your doctor, please write them below:

Talk with your doctor today: **knowing your potential risk for developing AD gives you the power to take action.**

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