



Staying Sharp As You Age: *Sunday Health Webinar Takeaways*



Noticing changes in your memory & thinking?

Cognition can change with age, but certain changes, including memory loss, are not normal.

- Noticing changes in our memory or thinking can be scary. Many assume that forgetfulness or trouble concentrating means they are developing dementia.
- This fear often prevents people from seeking evaluation, not realizing that many cognitive changes have causes that are potentially reversible.
- "Senior moments," like forgetting a name or misplacing keys, can be unnerving. Most of the time, these changes are normal. Though sometimes annoying, they do not mean the brain is sick.
- Identifying the true cause of your symptoms is the first step toward effective treatment and potentially reversing cognitive changes.

Normal in aging

Finding the right word

feels harder (it's on the 'tip of your tongue')

Complex activities

aren't as easy as before
(e.g., renewing your driver's license online)

Paying attention

requires a bit more effort

Multi-tasking

feels tougher

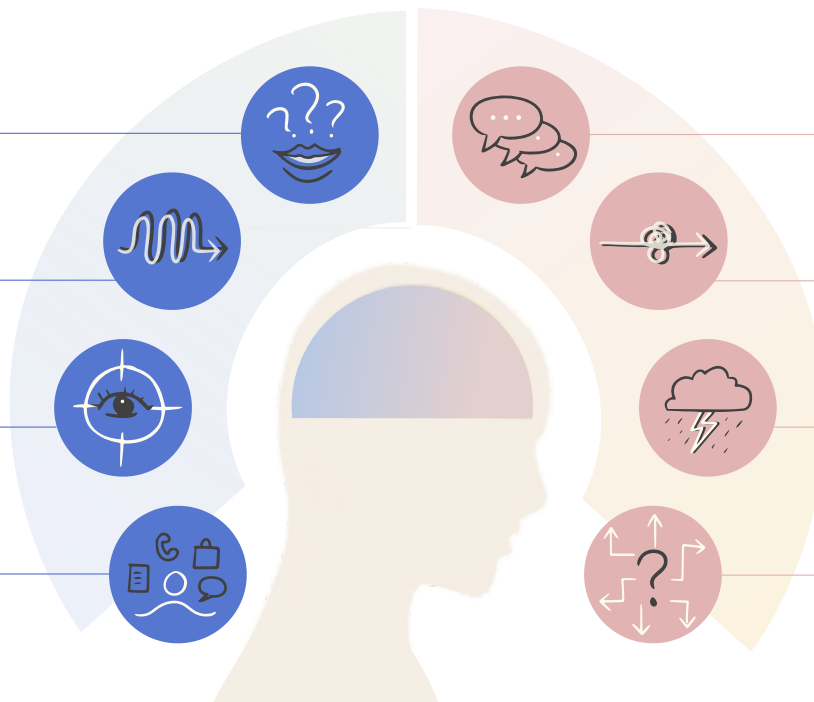
Not normal in aging

Asking someone the same question
multiple times in a day or conversation

Struggling to follow conversations,
directions, or a recipe

Experiencing new changes in mood
(depression, anxiety, irritability)

Getting lost,
especially in familiar areas



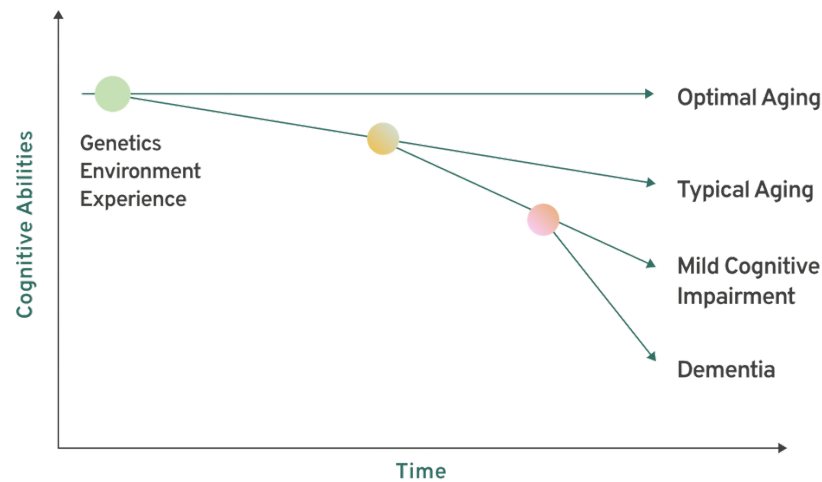
Common Culprits: Addressable Causes of Cognitive Changes

- Medication side effects
- Sleep disorders
- Vitamin & nutritional deficiencies
- Pre-existing health conditions
- Depression
- Anxiety
- Menopause & hormonal changes
- Alcohol & use of other substances

Prevention is possible

Up to 45% of dementia cases could be prevented through factors in our control.

- One of the most harmful misconceptions about dementia is the belief that individuals have no power to reduce their risk or prevent its onset.
- While there are factors outside of our control that can impact our dementia risk (e.g., **age, sex, genetics, and family history**), there are factors that are in our control.



It is never too early, or too late, to implement lifestyle changes that can help prevent or delay dementia.



Quality of education



Air pollution



Hearing impairment



Uncorrected visual impairment



Traumatic brain injury



Depression



Social isolation



High cholesterol



High blood pressure



Physical inactivity



Diabetes



Obesity



Excessive alcohol

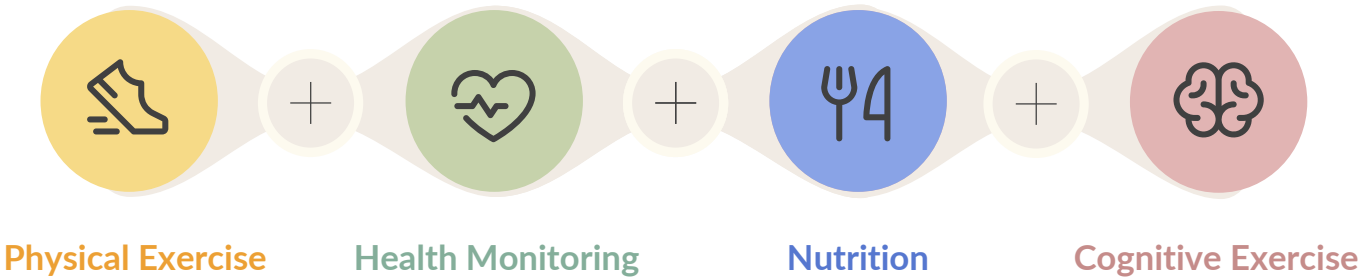


Smoking

Source: [Alzheimer's Research UK](#), [The Lancet](#)

The U.S. POINTER Brain Health Recipe

- The U.S. POINTER Study shows that a structured lifestyle program can improve cognition in older adults. This landmark research builds on the groundbreaking 2015 FINGER study and highlights the powerful role lifestyle can play in brain health.
- According to the Alzheimer’s Association: *“The cognitive benefits were **even greater for participants in the more structured intervention group**, helping to protect thinking and memory from the normal decline that often comes with aging.”*



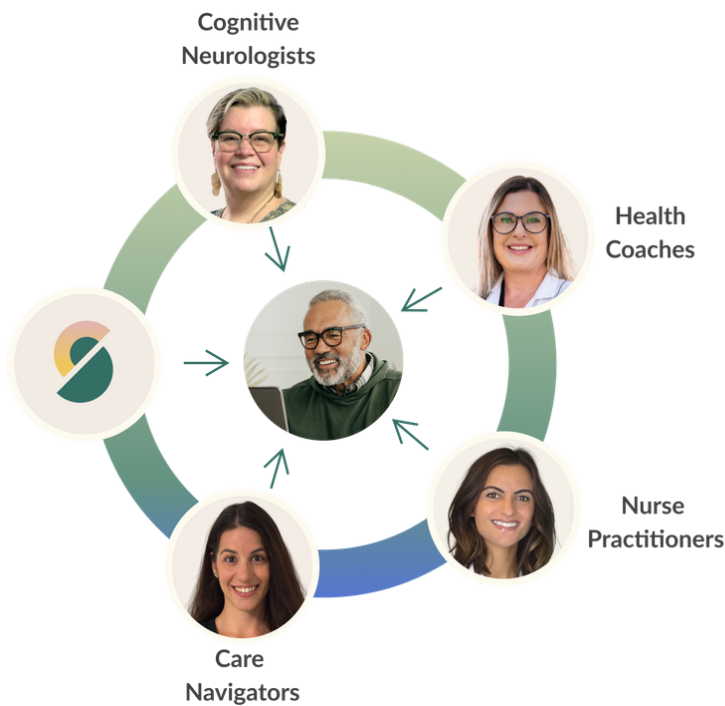
Breakthrough advancements in early detection & treatment

- Cognitive impairment is diagnosed through neurological exams with a clinician, cognitive testing, input from the individual and loved ones on daily life, coupled with lab work and imaging.
 - **New blood tests** that can aid in earlier and more accurate detection now exist and are **often covered by insurance.**
- The **first FDA-approved disease-modifying treatments** for MCI and the early stages of Alzheimer’s are now available, emphasizing the **importance of early detection through timely testing.**

Lecanemab (Leqembi)		Donanemab (Kisunla)
Eisai Biogen	Company	Eli Lilly
Removes toxic proteins (beta-amyloid) floating in the brain before they can clump together	How it works	Targets existing clumps of harmful proteins (Amyloid Plaques) that have formed in the brain
Visits every 2 weeks for IV infusions, long-term (monthly after 18 months)	Schedule	Visits every 4 weeks for IV infusion, until amyloid levels improve (typically about 1 year)
Slowed memory & thinking decline by ~27% based on clinical trials	Efficacy	Slowed memory & thinking decline by ~35% based on clinical trials

Accepting New Patients in DC, Maryland, Virginia, and Texas. Covered by Medicare and most major insurance plans.

Sunday Health is a specialty neurology practice that focuses exclusively on brain health for aging adults – *from proactive care to prevent cognitive decline to support with memory and thinking changes.*



- ✓ Uncover your **risk factors** and establish your cognitive baseline
- ✓ Access **cutting-edge testing**, including genetic & blood-based biomarker labs
- ✓ Receive a **personalized prevention plan** with health & lifestyle coaching

"With a high risk for dementia, I had a lot of trepidation around cognitive testing. But once I understood the holistic approach of Sunday Health, I worked up the courage to take advantage of their offering. I was impressed that each touch point is efficient, respectful and personalized."

Jeanne
Sunday Health Patient

Visit sundayhealth.com to schedule your no-cost, no-obligation introductory call with a nurse care navigator to learn more.