

COGNITIVE WELLNESS

PERSONALIZED MEDICINE
INDIVIDUAL IMPROVEMENT



FACTS ABOUT COGNITIVE IMPAIRMENT

- Approximately 15-20 percent of people age 65 or older have Mild Cognitive Impairment (MCI)
- Currently, there are no drugs approved by the FDA for the treatment of Mild Cognitive Impairment (MCI).
- Early diagnosis gives individuals more time to plan for the future while they are cognitively able to make decisions and understand available choices. It also empowers individuals and their families to make the best choices for the future, such as moving closer to members of one's support team. Additional types of planning include legal, financial and end-of-life, as well as the assembly of a care team.
- Individuals with MCI should be reevaluated every 180 days to determine if symptoms have progressed
- Legal planning includes taking inventory of existing legal documents and reviewing and updating them as necessary. It also includes making plans for finances and property, and for identifying an individual's future health care and long-term care preferences. Finally, legal planning includes designating another person to make decisions on behalf of the individual when he or she is no longer able to do so.

Amnestic MCI: MCI that primarily affects memory. A person may start to forget important information that he or she would previously have recalled easily, such as appointments, conversations or recent events.



Nonamnestic MCI: MCI that affects thinking skills other than memory, including the ability to make sound decisions, judge the time or sequence of steps needed to complete a complex task, or visual perception.



IMPROVING YOUR MENTAL HEALTH

LIFESTYLE RECOMMENDATIONS



	(minutes per day)
WALK	<input type="text"/>
STRETCH	<input type="text"/>
READ	<input type="text"/>
DRAW	<input type="text"/>
LISTEN to music	<input type="text"/>
COMPLETE a crossword puzzle	<input type="text"/>
CHALLENGE your mind	<input type="text"/>
MEDITATE	<input type="text"/>

20 BENEFITS OF WALKING DAILY

- 01** REDUCES RISK OF HEART DISEASE
- 02** HELPS TO MAINTAIN WEIGHT
- 03** REDUCES YOUR STRESS LEVELS
- 04** INCREASES YOUR ENERGY LEVELS
- 05** HELPS TO BOOST YOUR MOOD
- 06** GETS THE BLOOD PUMPING
- 07** PREVENTS OBESITY
- 08** CAN HELP TO REDUCE ANXIETY
- 09** INCREASES FUNCTIONING OF THE LUNGS
- 10** INCREASES THE BODY'S ACCESS TO VITAMIN D

- 11** REDUCES THE RISK OF CANCER
- 12** CAN IMPROVE QUALITY OF SLEEP
- 13** GIVES YOU TIME TO PRACTICE SELF CARE
- 14** IMPROVES COORDINATION AND BALANCE
- 15** IMPROVES QUALITY OF LIFE
- 16** REDUCES CHANCE OF DIABETES
- 17** WALKING CAN SPARK CREATIVITY
- 18** STRENGTHENS BONES AND MUSCLES
- 19** CAN IMPROVE BLOOD PRESSURE
- 20** CAN HELP TO BOOST YOUR IMMUNE SYSTEM



COGNITIVE IMPAIRMENT WITH OTHER CHRONIC CONDITIONS

Percentage of Medicare Beneficiaries Age 65 and Older with Alzheimer's or Other Dementias Who Have Specified Coexisting Conditions

Coexisting Condition	Percentage
Coronary artery disease	38
Diabetes	37
Chronic kidney disease	29
Congestive heart failure	28
Chronic obstructive pulmonary disease	25
Stroke	22
Cancer	13

Created from unpublished data from the National 5% Sample Medicare Fee-for-Service Beneficiaries for 2013





MCI MEDICAL WORKUP INCLUDES



Thorough medical history, where the physician documents current symptoms, previous illnesses and medical conditions, and any family history of significant memory problems or dementia.



Assessment of independent function and daily activities, which focuses on any changes from a person's usual level of function.



Input from a family member or trusted friend to provide additional perspective on how function may have changed.



Assessment of mental status using brief tests designed to evaluate memory, planning, judgment, ability to understand visual information and other key thinking skills.



In-office neurological examination to assess the function of nerves and reflexes, movement, coordination, balance and senses.



Evaluation of mood to detect depression; symptoms may include problems with memory or feeling "foggy." Depression is widespread and may be especially common in older adults.



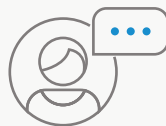
Laboratory tests including blood tests.



WHY CHOOSE SMA SPECIALTY MEDICAL LAB

CUSTOMER SERVICE

- Proactive Customer Service
- Our employees are industry experts
- Reliability



CERTIFICATIONS

- CLIA Certified
- CAP Accredited



OUR ORGANIZATION

- The Right People
- The Right Processes
- The Right Systems
- The Right Technology
- The Right Equipment



ACCURACY & PRECISION

- Actionable Test Results
- Analytical Validity
- Clinical Validity
- Product Awareness
- Product Efficiency
- Product Accuracy

