

Alzheimer's Testing Checklist

Diagnosing Alzheimer's isn't straightforward—there's no single test that can confirm it. Instead, doctors rely on a combination of assessments and medical history to reach a diagnosis, often achieving about 85-90% accuracy.

Step-by-Step Testing Process:

1. **Initial Cognitive Assessment:** This usually starts with a pen-and-paper test by a primary care physician, evaluating memory, cognition, language, and reasoning.
2. **Laboratory Tests:** Blood and urine tests help rule out other diseases and deficiencies that might be causing the symptoms.
3. **Brain Imaging:** CT scans or MRIs check for structural brain changes, such as damage from a stroke, and establish a baseline for brain health.
4. **Psychiatric and Psychological Evaluations:** These evaluations help doctors understand your loved one's mental health and well-being, distinguishing between Alzheimer's and other possible conditions.

Rule Out Other Conditions:

Several conditions can mimic Alzheimer's symptoms but are treatable or reversible. Ensure that the doctor considers and rules out these possibilities:

- **Thyroid Problems:** Measure TSH levels to assess thyroid function.
- **Vitamin Deficiencies:** Check levels of Vitamins B12, D, B6, and E, which are all essential for cognitive health. Deficiencies in these vitamins can affect cognition and mood.
- **Infections:** Discuss testing for UTIs, Lyme disease, meningitis, encephalitis, and HIV/AIDS, as these can impact brain function.

EVALUATION CHECKLIST:

Conditions can mimic Alzheimer's symptoms but are treatable or reversible.

	Results
<input type="checkbox"/> Thyroid function: Measure TSH Levels	
<input type="checkbox"/> Vitamin levels: Check Vitamin B12, D, B6, and E.	
<input type="checkbox"/> Infections: Test for Urinary Tract Infection (UTI), Lyme Disease, Meningitis, Encephalitis, and HIV/AIDS	
<input type="checkbox"/> Medication Review: Evaluate all medications for cognitive side effects.	
<input type="checkbox"/> Mental Health: Assess for depression and anxiety.	
<input type="checkbox"/> NPH Consideration: Discuss Normal Pressure Hydrocephalus	

NOTES