

Notice Anything Different in Your Memory and Thinking?

Brain Health Journey: A Simple Overview

The earlier you address concerns with brain health, the more opportunity there is for you to take charge of your care journey, manage your care, enhance your quality of life, and achieve the best possible outcomes.

If you are noticing changes in your memory, thinking, language, understanding, or similar concerns, check out the steps below and visit mybrainguide.org/journey or scan the QR code for more information and trusted resources to guide you through this journey.



“Something feels off” | INITIAL CONCERN

You and/or someone else notices that something seems different with your brain health: you might be experiencing memory problems, confusion, difficulty with familiar tasks, or trouble finding or understanding words. You are not alone, and noticing these changes is an important first step.

“Getting checked out” | MEDICAL EVALUATION

This is a check-up where a doctor will address your concerns and examine your symptoms. This usually happens after a brain health concern arises and can help determine what steps to take next.

“Identifying the problem”

DIAGNOSIS CONFIRMATION

A doctor will do additional assessment, evaluation, and testing (family history, medical imaging, blood tests, etc.) to make and confirm a diagnosis related to your brain health. This usually occurs after you get first get checked out for your concerns and symptoms.

“Determining what to do and care planning”

TREATMENT OPTIONS AND CLINICAL TRIALS

With your doctors and people close to you, you will discuss treatment options to develop a care/treatment plan based on your goals and what’s important to you. This plan is usually aimed at adopting a brain-healthy lifestyle, slowing progression, managing symptoms, and living well. Healthy lifestyle choices – like managing medical conditions, staying active, and keeping socially and mentally engaged – can lower the risk of cognitive decline.