



# What are Alzheimer's blood tests?

Discover Blood tests are a new way to diagnose Alzheimer's disease. These tests are not widely available yet and may not be covered by insurance.

These tests look for certain proteins in your blood that are often associated with changes happening in the brain. If you're noticing significant memory problems or changes in your thinking, these tests can help doctors find answers. (1)

## You Can Take Action

Understand how blood tests are used and how to bring them up with your doctor:

### Why do they matter?

Blood tests can reveal if memory change is likely due to Alzheimer's or if it's likely another cause. These tests help identify components in blood, like amyloid beta and tau proteins, which show some changes in the brain that could be linked to Alzheimer's. Not all memory problems are caused by Alzheimer's disease, and it is important for your doctor to understand what is causing any memory problems.(2)

### Who should consider these tests.

Blood tests are currently recommended only for people experiencing symptoms of cognitive decline, such as memory loss, confusion, or changes in thinking abilities. These tests are not intended for general screening in healthy individuals and may not be accurate in all populations. It is important to talk with a doctor about whether you are a good candidate.(4)

### What to discuss with your doctor?

If you've noticed changes in your thinking ability or memory, talk to your healthcare provider by sharing your symptoms and asking about screening tests for Alzheimer's. If you went through a BrainGuide questionnaire, your doctor may find the results helpful, but they will want to do more tests.

While blood tests are very important to early and accurate diagnosis, they are not meant to be used in place of a broader evaluation, including family history and PET-scans to guide next steps in care. (5) Primary care doctors can order blood tests; however, they are not recommended for routine use, only if a patient has symptoms and must be used alongside other forms of testing. (6)

### What comes after these blood tests?

1. Follow-Up : Review your results with your doctor to determine next steps, such as additional tests or scans.
2. Reducing your risk: Whether it's Alzheimer's disease or not, adopting brain-healthy habits—like a balanced diet, regular exercise, and mental engagement—can support brain health. It is never too late to start.
3. Clinical Trials and Research: Explore opportunities to participate in clinical trials or research studies that advance Alzheimer's care and treatments in all populations. Alzheimer's blood tests are a major breakthrough in detecting, diagnosing, and managing the disease. As this technology evolves, partnering with your healthcare provider will help you take the right steps for your brain health journey. (7)
4. <https://www.nih.gov/news-events/nih-research-matters/accurate-blood-test-alzheimer-s-disease>
5. <https://pmc.ncbi.nlm.nih.gov/articles/PMC9902574/>
6. [https://pmc.ncbi.nlm.nih.gov/articles/PMC8749476/#:~:text=Further%2C%20the%20use%20of%20biomarkers,AD%20\(Abbasi%2C%202018\).](https://pmc.ncbi.nlm.nih.gov/articles/PMC8749476/#:~:text=Further%2C%20the%20use%20of%20biomarkers,AD%20(Abbasi%2C%202018).)
7. <https://www.nia.nih.gov/health/alzheimers-symptoms-and-diagnosis/how-biomarkers-help-diagnose-dementia#:~:text=On%20this%20page&text=Biomarkers%20are%20measurable%20indicators%20of,dementia%20in%20a%20living%20person.>
8. <https://www.nature.com/articles/s41582-024-00977-5>
9. <https://aaic.alz.org/releases-2024/blood-tests-alzheimers-biomarkers.asp#:~:text=%E2%80%9CWhile%20at%20this%20time%20doctors,as%20possible%20for%20better%20outcomes.%E2%80%9D>
10. <https://www.brightfocus.org/alzheimers/article/whats-next-alzheimers-diagnostic-tests>