

Medical and Memory Health Checklist

Name: _____ Date: _____ Age: _____ Sex at birth: M F

Many causes of problematic memory & thinking changes can be prevented or slowed. Early signs can begin in the 40s–50s and are easy to miss. This form is designed for physicians and patients to review together at the yearly wellness visit, beginning at age 40.

HEART & METABOLIC HEALTH

- Check your blood pressure.** High blood pressure is a top treatable risk. Ask to have it measured and managed.
- Manage diabetes & blood sugar.** Keeping blood sugar in a good range protects memory & thinking.
- Check your cholesterol.** Ask about LDL in your 40s–50s. Treat if needed.
- Keep a healthy weight.** Extra weight in midlife may double risk. Ask what a healthy range is for you.
- Stop smoking.** Smoking harms the brain's blood vessels. Get help quitting.

YOUR SENSES

- Get a hearing test.** Treating hearing loss may cut risk ~35%. Ask about a test and hearing aids.
- Get your vision checked.** Most vision loss is fixable. Schedule an eye exam.

EVERYDAY HABITS

- Fitness.** Regular activity lowers risk by ~40%. Weights and cardio best.
- Sleep 7–9 hours.** Aim for restful sleep. Tell your doctor about poor sleep.
- Ask about sleep apnea.** Pauses in breathing lower brain oxygen. Not everyone snores. Ask about a sleep test.
- Limit alcohol.** Less is better for your brain, period.
- Treat depression & anxiety.** Mental health matters for memory. Depression = ~200% increased risk.

GENETICS

- APOE4:** Ask if screening is appropriate.

PROTECT & PREVENT

- Protect your head.** A bad head injury raises long-term risk. Prevent falls and wear seatbelts & helmets.
- Stay up to date on vaccines.** Shingles vaccine is linked to ~24–47% lower risk. Ask about shingles, flu, Tdap.
- Review your medications.** Ask whether any regular medicines are strong anticholinergics or benzos.
- Care for your teeth & gums.** Gum disease and infections are linked to memory risk. See a dentist.

GET CHECKED

- Blood work.** Ask your doctor about checking B6, B12, D, thyroid (TSH).
- Ask about a memory evaluation.** Memory concerns? Ask about neuropsychological testing.

DIET AND SOCIAL

- Follow a brain-healthy diet.** The MIND Diet is linked with ~50% lower risk: vegetables, berries, grains, nuts.
- Eggs.** 1-2 eggs per day linked with a ~50% reduced risk.
- Stay socially & mentally active.** Isolation raises risk ~60%. Stay connected & keep learning new things.

HELP SCIENTISTS FIND ANSWERS

- Consider joining research.** Studies need volunteers — healthy people & those with concerns.

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