

# Tips to Talk to Your Doctor about Brain Health

One of the most unsettling aspects of aging is not knowing what to expect and what changes are “normal” or may be cause for concern. While some changes in memory, learning and decision making can occur with age, understanding your cognitive health is the first step to keeping your brain healthy as you age.

The next time you visit your healthcare professional, don't wait for them to initiate a conversation on brain health. Ask your doctor if a cognitive evaluation is the right next step to help you identify any risk factors you may have and discuss ways to help maintain your brain health now and in the future.

## Questions

Use the questions below to start a brain health conversation with your healthcare professional.

- 1 What's the best way to assess or track my cognitive health over time?
- 2 What steps can I take now to protect my brain and cognitive health?
- 3 What are some of the normal cognitive changes that can happen with age?
- 4 How can I tell the difference between normal aging and signs of a more serious memory problem, like dementia or Alzheimer's disease?
- 5 Do I have any other health conditions or risk factors that could increase my risk of cognitive decline?
- 6 What can I do to address/better manage those health conditions?
- 7 Where can I go to learn more about cognitive aging and brain health?