

NEURIZONS

Exploring the Brain Health Frontier

How to Enhance Patient Engagement in Brain Health Conversations

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When and how can PCPs talk to their patients about Alzheimer's disease (AD) and brain health? To discuss this question and more, host Dr. Bert Vargas is joined by Dr. Kavita Nair, a professor and researcher in the department of neurology at the University of Colorado.

PRACTICAL INSIGHTS

Currently existing barriers and recommended next steps as discussed in episode 2 are provided below.



Misunderstanding how and when to aid patients in modifying their risk of future cognitive decline may lead to a missed opportunity to **prioritize cognitive health discussions and assessments**



Normalize annual cognitive health discussions and early screening to help patients prioritize modifiable risk factors in midlife

1



Brief cognitive screenings can help **promote the dialogue** about brain health and AD detection



Implement routine cognitive screening for all patients beginning in middle age

3



Uncertainty about when to assess risks for AD, including genetic risk, remains prevalent



- Work with genetic counselors to help patients make sense of genetic testing results, including *APOE* status
- When discussing heart health, expand the conversation to include the overlapping risk factors for brain health

APOE=apolipoprotein E. PCP=primary care provider.

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