

NEURIZONS

Exploring the Brain Health Frontier

Ways PCPs Can Support Cognitive Health

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In this episode, host Dr. Bert Vargas sits down with Dr. Christian Moher, a board-certified family physician based in Tucson, Arizona. Together, they discuss the importance of early detection in Alzheimer's disease (AD), encouraging patients to prioritize brain health, and the role of primary care in screening for AD.

PRACTICAL INSIGHTS

Currently existing barriers and recommended next steps as discussed in episode 1 are provided below.



1

Limited awareness of the full AD spectrum may delay **early detection** of at-risk patients



Explore AD pathophysiology across the stages of the AD continuum



Learn to differentiate modifiable and nonmodifiable risk factors for AD

2

Many patients aren't aware that today's actions can frame their **future brain health**



With aging patients, broaden conversations about heart health to include brain health



Proactively inform patients of the full range of potentially modifiable risk factors—social, behavioral, and health-related (eg, hypertension, diabetes)



3

Many patients are not receiving **timely screening for cognitive impairment**



Establish a cognitive baseline for comparison to future cognitive assessments

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PCP=primary care provider.

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