

Exploring the Brain Health Frontier

Ways PCPs Can Support Cognitive Health



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.



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





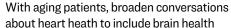
Explore AD pathophysiology across the stages of the AD continuum

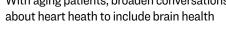


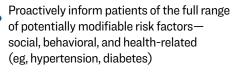
Learn to differentiate modifiable and nonmodifiable risk factors for AD

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













Many patients are not receiving timely screening for cognitive impairment





Establish a cognitive baseline for comparison to future cognitive assessments

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