

Preface

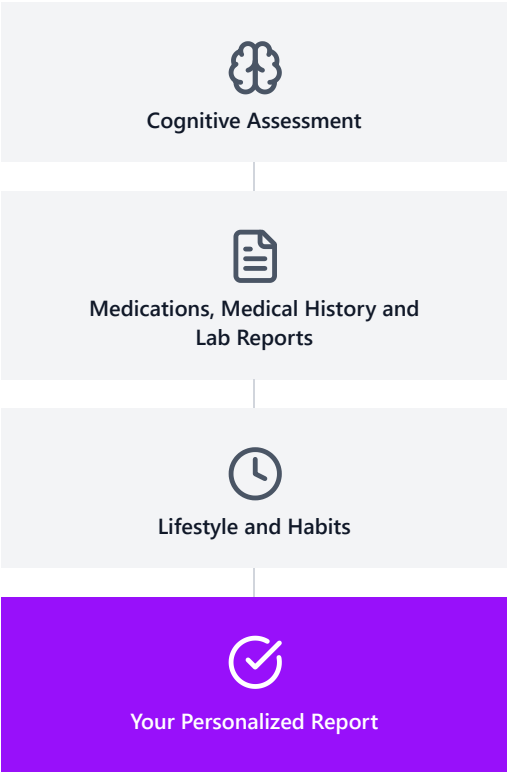
Purpose of This Report

Based on the information you've provided — blood test results, your medical history, your family history, or other indicators — it makes sense to initiate a program that addresses the factors that drive cognitive impairment. Symptoms of cognitive impairment may include the inability to focus, make decisions, find words, or remember names, faces, or places. 40% of all adults over the age of 65 have some memory loss — so you are not alone. However, there is hope for those concerned about experiencing some memory loss.

This report contains an assessment of where you stand now and has been created specifically for you.

About RestoreU Method

Multiple medical issues often contribute to memory loss. The care plan uses information such as your lab results, medical history, diet, and lifestyle to identify issues that may be causing your memory concerns. Your medical information is combined with medical research to create a customized treatment plan designed to address your specific issues. Your plan may help slow memory decline and stabilize memory function associated with mild cognitive impairment (MCI) or early dementia [1-4] .



Reading This Report

Let's get started on a path to lasting brain health!

As noted above, many medical factors can often contribute to memory loss, including your lab results, medical history, medications, diet, and lifestyle. Here is what this report covers:

1 Overview of Risk Factors

It gives a brief overview of the risk factors that are within an optimal range, as well as the factors that are not in a good range and may be contributing to cognitive impairment or memory loss.

2 Personalized Action Plan

Next, it presents a personalized action plan for reducing the impact of these risk factors.

3 In-Depth Insights

Lastly, for those interested in the details, it describes how the risk factors related to your blood tests can contribute to cognitive impairment or memory loss.

Current Status

Overview

Gender	Age • Born	Post-menopausal
Female	69 • Born 3/02/1955	Yes

Body Measurements

Height	Weight	BMI	Girth
5'2"	193 lbs	35.3	44.2"

Vitals

BP
121/61

Health Status

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Optimal

These factors are within optimal range, unlikely to be contributing to cognitive impairment or memory loss

- ✓ no inflammation
- ✓ no infections
- ✓ no diabetes type 2
- ✓ vitamin E level
- ✓ sodium level
- ✓ hormonal balance
- ✓ diet
- ✓ non-smoker
- ✓ no atrial fibrillation
- ✓ no heart disease
- ✓ liver function

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Caution

These factors may be contributing somewhat to cognitive impairment or memory loss

- ◇ kidney disease
- ◇ obesity
- ◇ homocysteine level
- ◇ vitamin D level
- ◇ hearing loss
- ◇ essential metals imbalance
- ◇ depression
- ◇ high blood pressure
- ◇ thyroid level
- ◇ blood sugar level

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At Risk

These factors are likely to be significantly contributing to cognitive impairment or memory loss

- △ multimorbidity
- △ poor sleep quality
- △ inadequate exercise
- △ cholesterol level
- △ insulin level
- △ insulin resistance
- △ anticholinergic cognitive burden

01

Unknown

There is not enough data to determine if this factor is contributing to cognitive impairment

- ? stress


Your Action Plan - Start Today!

The previous sections identified risk factors that may be contributing to cognitive impairment or memory loss. This section is your action plan for reducing the impact of some of those risk factors, broken up into these areas: **Prescription medications and supplements, Lifestyle, and & What you eat.**

The more of this action plan you follow, the better your likelihood of positively impacting your brain health.

Medication

Your doctor will indicate if any changes in treatment are needed. Obtain the following medications and start taking them using the "Instructions" column for assistance.

 **Potential Drug-Drug Interactions (DDIs) have been identified between your current medications.**
Ask your physician if any medications should be changed before prescribing the three pharmaceuticals newly recommended here.

Medication	Purpose	Instructions	Already Taking?
methylcobalamin 1 mg in 1 mL intramuscular injection 1 mg/1 mL, intramuscular	To raise your level of Vitamin B12	Repeat as needed during the first 2 weeks, if vitamin B12 level remains below 200 pg/mL.	<input type="checkbox"/> Yes <input type="checkbox"/> No
levothyroxine 25 mcg, tablet, every day	To raise your level of ft3 To lower your level of TSH	Take on an empty stomach, 1/2 to 1 hour before breakfast. Avoid taking supplements or medications that contain calcium, magnesium, or zinc (such as antacids) for 4 hours afterwards.	<input type="checkbox"/> Yes <input type="checkbox"/> No
lecanemab Assess eligibility	Likely mild Cognitive Impairment	Discuss appropriateness & eligibility for lecanemab with your doctor.	<input type="checkbox"/> Yes <input type="checkbox"/> No

