

HOW TO SPEAK TO YOUR PHYSICIAN ABOUT DEMENTIA DIAGNOSIS

Effective communication with your doctor is important when you are looking for a diagnosis in memory loss. Follow these tips to help prepare for your visit.

QUESTIONS TO ASK YOUR DOCTOR:

- What tests will be preformed?
- What does each test involve?
- How long will the tests take?
- How long will it take to learn results?
- What is the dementia diagnosis process?
- Are there any resources they can connect you to to learn more or get extra support?



WHAT TO BRING TO YOUR APPOINTMENT:



- List of all symptoms that you have been experiencing including changes in mood, memory, and behavior.
- List of past and current medical history.
- List of all current prescriptions and over-the-counter medications.
- List of all vitamins and supplements you take daily.
- A family member or loved one who can help take notes and ask questions.

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If you think you or a loved one is struggling with cognitive changes or impairment, it is important to speak with a health care partner.

WHAT TO EXPECT:

- Your doctor will evaluate your overall health and identify any conditions that could impact your memory.
- Ask your doctor how they diagnose dementia and if a referral to a specialist is needed.



To learn more about Alzheimer's disease or dementia, supportive community resources, or how to seek out early diagnosis, visit the Placer County Healthy Brain Initiative webpage at:
<https://www.placer.ca.gov/7199/Placer-County-Healthy-Brain-Initiative>