



Cognitive Health & The Evexia Cognitive Decline Panels

Cognitive health has emerged as an important public health concern for our aging population. Impaired cognitive functioning can be associated with a decline in quality of life, personal relationships, and independence. Changes in memory, learning, attention and executive function ability often result in increased healthcare needs. It's important to know that cognitive difficulties frequently co-exist with other health conditions that affect well-being at older ages.



Certain blood tests can help evaluate for treatable conditions that may be contributing to changes in thinking or memory.

- CBC and iron panel assess for anemia
- Comprehensive metabolic panel assess for electrolyte, blood glucose dysregulation, and kidney/liver dysfunction
- Thyroid dysfunction testing assess memory impairment

Learn more about the Evexia Cognitive Decline Panels by [clicking here](#).

To learn more about Evexia Diagnostics scan the QR Code.



SCAN ME

THE PRE-BUILT EVEXIA COGNITIVE DECLINE PANELS

The Complete and Comprehensive Panels offer an array of cognitive biomarkers that assess risk factors associated with cognitive decline as well as overall health and healthy aging.

Dr. Sodano's Featured Biomarkers:

HOMOCYSTEINE, VITAMIN B12, and FOLATE

High levels of homocysteine are associated with several neurodegenerative disorders, including general cognitive impairment, mild cognitive impairment, Alzheimer's disease, and dementia. It's toxic to vascular endothelial and neuronal cells and thereby contributes to brain atrophy and the degeneration of neurons. Vitamin B12 and folate assist the body in breaking down homocysteine, so low levels of these nutrients can give further insight into the cause of high homocysteine.

APOE ALZHEIMER'S RISK TEST

Apolipoprotein E (APOE) has multiple roles, including lipid transport in the blood and the brain. The APOE4 variant increases the risk for late-onset Alzheimer's disease and may contribute to the pathology of the disease through influence on β -amyloid and inflammation. The risk for development of late-onset AD is increased approximately two- to threefold for individuals with one copy of the APOE4 variant and by approximately 10- to 15-fold for individuals with two copies of the variant (E4/E4 genotype).

HLA-DRB1/DQB1

HLA-DRB1/DQB1 gene variants appear to participate in the neuronal degeneration of brain regions associated with Alzheimer's Disease. There appears to be statistically significant evidence for the HLA-DRB1 genotype CC as a risk factor for late-onset Alzheimer's Disease (LOAD). In addition, HLA antigens may be correlated with certain disease states and other clinical conditions.

ESTRADIOL AND TESTOSTERONE

Sex hormones, besides playing a role in reproductive function, affect the central nervous system in many ways and appear to be significantly involved in maintaining a healthy brain. These hormones are regulators of the human body and are critical in maintaining various processes, such as growth, emotions, and cognition.



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Recommendations related to cognitive support.



Lifestyle recommendations to support cognitive health:

CogniZen

a unique formulation designed to optimize brain function and to support healthy cognition, mood, and memory. It contains a comprehensive array of brain-supportive nutrients, including acetyl-L-carnitine, glycerophosphocholine (GPC), phosphatidylserine, Ginkgo biloba (standardized to contain 24% ginkgoflavonglycosides), and citicoline. CogniZen provides building blocks for brain phospholipids, crucial structural components of neurons' synapses. It is formulated to help assist with various aspects of brain health, such as cell energy production, mitochondrial support, and antioxidant protection.

Keto-Cognition

a powerful blend of exogenous ketones and a patented American ginseng extract, delivered in a delicious and easy-to-dose powdered drink mix. This nootropic formula is intended to support healthy cognitive function, sharp focus, and mental acuity. It is a fast-acting, readily available, carbohydrate-free fuel source for muscle and brain, yielding immediate and sustained energy fuel. Keto-Cognition also contains citric acid and malic acid, and Krebs cycle intermediates, which may help facilitate mitochondrial energy generation.

NeuroSync

an encapsulated formula used to support neurological, cognitive, and neurotransmitter (serotonin, dopamine, GABA, etc.) function through the inclusion of neurotransmitter precursors and supportive nutrients.

DIETARY:

Consuming a Mediterranean or Modified Mediterranean diet that focuses on an abundance of anti-inflammatory foods such as fresh fruits and vegetables, fish, herbs, spices, olive oil, nuts, and seeds is a wonderful way to support your brain..

PROPER SLEEP:

Sleep plays a vital role in cognitive function. Our brain conducts important clean up processes during deep sleep that help maintain optimal brain health.

REGULAR EXERCISE:

Multiple research studies show that people who are physically active are less likely to experience a decline in mental function and have a lower risk of developing Alzheimer's disease.

SOCIAL INTERACTION:

Staying socially active has been shown to reduce the risk of dementia and cognitive decline. Think of social activity as exercise for your brain.

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Learn more about the Evexia Nutraceuticals by [clicking here](#).

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