

# PATIENT INFORMATION SHEET

## SYMPTOM OVERVIEW

### MEMORY LOSS, CONFUSION, OR COGNITIVE DECLINE



- Issues with memory, such as forgetting recent events, repeating questions, or misplacing objects.
- Experiencing confusion, difficulty making decisions, solving problems, or following conversations.
- These symptoms can develop gradually over time or occur suddenly.

### WHAT IT MIGHT INDICATE

- Common conditions: These symptoms can be caused by stress, lack of sleep, nutritional deficiencies, or age-related cognitive decline.
- They might also indicate medical conditions such as Alzheimer's disease, other forms of dementia, depression, or thyroid problems.
- In some cases, they could signal more serious issues like a brain tumor, stroke, or chronic traumatic encephalopathy.
- Please note: This document is not intended for self-diagnosis. Multiple conditions, both benign and serious, can cause these symptoms, and a healthcare professional should evaluate persistent or severe symptoms.

### IMMEDIATE ACTIONS

- Document instances of memory loss or confusion, noting when and under what circumstances they occur.
- Maintain a healthy lifestyle with regular exercise, a balanced diet, and adequate sleep, which can help overall cognitive health.
- If these symptoms are accompanied by sudden behavioral changes, loss of consciousness, or physical instability, seek immediate medical attention.

## WHEN TO CONTACT US



- If you or your loved ones notice a gradual decline in memory or cognitive abilities that affects daily life, consider contacting us to arrange an online consultation with our specialists.
- If these symptoms occur suddenly or are accompanied by other neurological symptoms like difficulty speaking, seeing, or moving, seek immediate medical attention.
- If your symptoms are affecting your quality of life or daily activities, our service can provide guidance and specialist referrals.

### WHAT TO EXPECT DURING OUR ONLINE CONSULTATION

- Our specialist will inquire about your symptoms, medical history, and any medications you're taking.
- You may be asked to perform simple memory or cognitive tasks during the video call.
- Further diagnostic tests (like imaging, blood tests, or cognitive screenings) may be recommended based on your symptoms and history.

### PREPARATION FOR YOUR APPOINTMENT

- Be ready to discuss in detail the memory or cognitive issues you've been experiencing and any impact on your daily life.
- Compile a list of all medications and supplements you're taking, including dosages.
- Ensure you're in a quiet, well-lit room with a stable internet connection for the video call.
- Have any questions about your symptoms, potential causes, or treatment options written down and ready to ask.

## DISCLAIMER

This information sheet is for educational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. Always consult your healthcare provider with any questions or concerns you may have regarding your condition.

### CONTACT US

-  [www.healwise.net](http://www.healwise.net)
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