UAB Alzheimer’s Risk Assessment and Intervention Clinic

The UAB Alzheimer’s Risk Assessment and Intervention Clinic provides personalized risk assessment and intervention for people concerned about their possibility for developing serious memory disorders. It is very common for family members of a patient diagnosed with Alzheimer’s disease (AD) or other dementias to be concerned about their own chances of developing AD. This clinic is focused on people without major diseases that affect brain function. Individuals with active memory or cognitive issues that interfere with everyday activities are best cared for by our UAB Memory Disorders clinic.

The UAB Alzheimer’s Risk Assessment and Intervention Clinic is the first of its kind in the US. Its goal is to help individuals understand what risk factors are present that increase their chances of developing AD, and create an individualized plan that best helps them reduce those risks. The assessment will include

- Family history
- Detailed memory history for the patient
- Cognitive testing
- Baseline Brain MRI scan

This information will be incorporated into existing risk predictor models that have been validated by research studies to produce a scientific, personalized, AD risk assessment. Patients will receive a comprehensive analysis including strategies for dealing with modifiable factors, such as weight, diet, blood pressure and physical activity level. Patients will also receive information on non-modifiable factors, such as age and family history, and whether genetic testing might be helpful. Research has shown that reducing one or more risk factors can have a significant effect on reducing the overall chances of developing Alzheimer’s disease or dementia.
What is Dementia?
The term “dementia” describes a progressive decline in memory or other cognitive functions that interfere in the ability to perform your usual daily activities. Memory loss by itself does not mean that you have dementia. Alzheimer’s disease is the most common type of dementia. Alzheimer’s disease affects millions of Americans and is the nation’s sixth leading cause of death. Alzheimer’s is marked by the accelerating death of brain cells, which means early detection is critical.

Your Visits
Patients will have two clinical visits with a neurologist specializing in memory disorders. The first will be to compile histories, conduct testing, and have an MRI of the brain; the second to review a personalized treatment plan, including how to access resources to help achieve lifestyle changes and find supportive and educational materials. Insurance can be filed; however, this service is not typically covered by insurance. If you do not want your insurance company to know you are being screened for AD, you can elect to pay for your services at your appointment. The total cost will be approximately $1,000.

To make an appointment or for more information please contact us:
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Locations:
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uabmedicine.org/memorydisorders