UAB Dementia Risk Assessment Clinic

The UAB Dementia Risk Assessment Clinic provides personalized risk evaluations for individuals concerned about their risk for developing memory problems as they age. It is very common for family members of a patient receiving a diagnosis of Alzheimer’s disease or other forms of dementia to wonder about their own risk. This clinic is not for those who currently have major memory issues. Those with active memory or cognitive issues that interfere with everyday activities are best cared for by our UAB Memory Disorders Clinic.

The UAB Dementia Risk Assessment Clinic was the first of its kind in the nation with the goal of understanding what risk factors are present in each individual. We create a plan that best helps reduce those risks and make appropriate strategies for the future.

The assessment includes:
• Family history review
• Detailed medical history
• Detailed memory history of the patient
• Cognitive testing
• Baseline MRI scan

This information is incorporated into existing risk predictor models that have been validated by research studies to produce an accurate risk assessment. Patients receive a comprehensive analysis, including strategies for dealing with modifiable risk factors such as weight, diet, blood pressure, and physical activity level, as well as information on non-modifiable risk factors such as age and family history. Research in the field 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 interferes with the ability to perform your usual daily activities. While dementia often includes memory loss, 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 and conduct testing, and during the second visit we will review your personalized treatment plan, including how to access resources to help achieve lifestyle changes and find supportive and educational materials. The clinic will also suggest coping strategies that can be employed to ease the burden of dementia on the individual and his/her family. An MRI will be scheduled to coincide with the first visit. The two-visit assessment is fee-for-service and not typically covered by insurance. To make an appointment or for more information call 205-975-7575 or e-mail: memory@uab.edu

Location:

Neurology Clinic
The Kirklin Clinic of UAB Hospital
2000 6th Avenue South
Birmingham, AL 35249

uabmedicine.org/memorydisorders