The Kirklin Clinic of UAB Hospital
2000 6th Avenue South
4th Floor
Birmingham, AL

Office: 205-996-3679
Fax: 205-975-7365
uabmedicine.org/memorydisorders
We recognize you might be anxious about your memory evaluation. But if you follow these tips it should not be as stressful.

1. Arrive early—at the parking garage 20-30 minutes before your scheduled time
2. Bring a relative or friend with you to the appointment
3. Bring all your medications including prescriptions, over-the-counter, vitamins, etc

DURING YOUR FIRST VISIT

1. Ask your physician’s office to fax or mail us a copy of your records, including bloodwork*
2. If you have had a MRI or CT of your brain, please bring a CD with those images to your appointment. Doctors’ offices do not send these.

* Patients who receive their medical care at The Kirklin Clinic of UAB Hospital will not need to have their medical records forwarded, as these are already available to us

WHAT TO EXPECT

- The visit usually begins by meeting with one of our nurses who will obtain your weight, blood pressure, and ask you some questions regarding your general health and memory.
- Next, you and your family member will meet with one of our specialists who will review your memory issues and health history. They will perform tests to sort out mind’s strengths and weaknesses. You are not expected to perform perfectly in these tests, so do not feel bad if you miss some of the questions.
- They will conduct a neurologic exam to detect diseases that may cause or worsen memory problems.
- At the end of the visit, the doctor may request blood tests or scans.
- We may set up a return appointment to discuss the results of any tests, the diagnosis and an outline of your treatment plan.
- Other follow-up visits will be scheduled with a Nurse Practitioner, who will help you and your family cope with the challenges of living with a memory issue.
- The nurse practitioners are our experts on how to live life to the fullest — even with memory problems. They lead the follow-up process and work closely with the doctors in ongoing care.
- Research shows that care for memory loss improves when nurse practitioners work with families.