

The Baseline Cognitive Health Guide

A plain-language guide for families who want a clearer starting point before memory concerns become harder to talk about.

This guide is educational only. It is not designed to diagnose or treat any disease and is not a substitute for medical evaluation.

★★★★★ The big idea: it is easier to notice change when you have a baseline. A cognitive baseline helps you compare today with tomorrow, instead of relying on memory alone.

1. What is a cognitive baseline?

A cognitive baseline is a snapshot of memory and thinking at a specific point in time. It gives you and your clinician a reference point for future conversations.

2. When should someone consider a baseline?

- You or a loved one has started noticing memory changes.
- You want a clearer reference point before an annual wellness visit.
- There is family history of cognitive decline.
- You already track other health markers and want to include brain health.

3. What should you bring to a doctor's appointment?

Recent changes Examples, dates, and whether changes are getting worse.	Medication list Prescriptions, supplements, sleep aids, and alcohol use.
Risk factors Sleep, blood pressure, diabetes, vascular history, activity, mood, hearing.	Baseline results Bring your screening output if you completed a cognitive baseline.

4. Why MCI matters

Mild Cognitive Impairment, or MCI, is a stage where changes may be noticeable but daily function may still be largely preserved. Identifying possible MCI patterns earlier can support better conversations, monitoring, and clinician-guided next steps.

5. What to ask your clinician

- Could these changes be normal aging, medication-related, sleep-related, vascular, mood-related, or something else?
- Should I complete a fuller cognitive screen?
- What modifiable risk factors should we review first?
- When should I re-check cognition?

Ready for a clearer starting point?

Schedule the MCI Screen conversation and bring a better baseline into your next care decision.

Schedule: <https://calendly.com/croomlawrence/30min>

Important: This guide is educational and screening-oriented only. It is not medical advice and is not a substitute for evaluation by a qualified healthcare professional. If you have sudden confusion, weakness, severe headache, speech changes, or other urgent symptoms, seek emergency medical care.