

Doctor Discussion Guide

Arriving at your appointment prepared to talk about brain health can help you have a more productive conversation. Planning ahead can also help you feel more confident in creating and managing your cognitive health plan with your doctor. Here are some topics that may relate to your brain health that you can consider bringing up to your doctor.

At your appointment, ask your doctor about the following:

1. **What risk factors do I have for dementia due to Alzheimer's disease and how can I better manage them for my long-term cognitive health? Things to consider:**

Family history or genetic markers

Other risk factors such as: blood pressure and cholesterol, blood sugar, diet and exercise, tobacco and alcohol use, and history of depression

2. **How do I know if memory and thinking issues I experience now or in the future are a normal part of aging or something more? Make sure to tell your doctor if you are concerned about having or are currently experiencing memory and thinking issues, such as:**

I have trouble finding the right words or I misplace important items

I make occasional mistakes with managing finances or household bills

I forget appointments, upcoming events, or have trouble recalling time or place

3. **Can I get a cognitive assessment to help establish a baseline of my cognitive health and help monitor any changes in memory and thinking over time?**

4. **What tests can check for changes in the brain, like evidence of amyloid plaques, for people with memory and thinking issues? Are Alzheimer's disease blood tests an option?**

This content is intended for US residents ages 18 and older.

This resource is for informational purposes only and should not be used as professional medical advice.

CMAT-15020 04/2026 ©Lilly USA, LLC 2026. All rights reserved.


A MEDICINE COMPANY