



BOOTHBAY REGION
**Health
Center**

Frequently Asked Questions about the Boothbay Region Health Center's BRAIN HEALTH PROGRAM

Q. If my spouse/partner/parent is already suffering from cognitive decline, do we both need to be in this program?

A. Yes. You will be needed to help your spouse/parent succeed and to help him/her document what they are doing on a daily/weekly basis.

Q. Can we do this program if we can't use a computer/Internet?

A. Probably not. At least one of you needs to be able to participate by Internet/Computer or Smart Phone. Many of the work sessions are done online, using Zoom, and you will need access to email. Many of us also do daily online brain games.

Q. Can I do this program if I am not residing on the Boothbay peninsula for part of the year?

A. Yes, but we may not be able to offer Telehealth Office visits when you are away, since they are often not covered for a Maine-licensed physician delivering care to someone out of State.

Q. Can I do this program if I reside outside of Maine year-round?

A. No. Currently not unless you started with us and were active local participants for at least 2 years. If you are a part-time Maine resident, you should be able to get a Referral from your Primary Care Physician that will allow us to bill your insurance for your care while you are in Maine. Many people who have health insurance from another state often can't get reimbursed for treatment in Maine, so please check with your health insurance provider if your legal residence is not Maine.

Q. What are the Requirements for Membership in this Program?

1. **Pre-Screening.** To establish care with Dr. Teel in the Brain Health Program, you need to first be screened by our Volunteer Patient Coordinator, currently Patty Seybold, to get your questions answered and to ensure that you (and your partner, if you have one) are a good fit for the program. Please email Patty Seybold (pseybold@customers.com) to set up a mutually convenient time for your pre-screening phone interview.
2. **Schedule Office & Lab Visits.** Once you have been approved by the Patient Coordinator to join the group, you should call the Health Center (207) 633-1075 to schedule your visits with Dr. Teel and his team. We will also need a referral from your Primary Care Physician (PCP) to Dr. Teel so that we can bill your health insurance for your visits with Dr. Teel. Our office will supply you with the PCP Referral Form as well as a form that will allow you to have copies of your medical records sent to our office for Dr. Teel to review.

- Plan to have 4 Office Visits each year with Dr. Allan Teel or his colleague, Susan Lord, FNP to develop and evolve your personalized treatment plan. Dr. Teel will review and adjust your plan accordingly throughout the program year to optimize your results.
 - Supply previous lab results and get a series of lab tests in the first 3 months of the program, as prescribed by Dr. Teel, as well as a Volumetric Brain MRI. (MRI is optional yet, highly preferred).
3. **Keep Logs** of your daily and weekly brain health activities on electronic forms we provide that you can fill in on your computer or your Smart Phone. These are Google Forms. Save them as Favorites, bookmarks, or tabs and fill in a new one each day, or as often as possible.
 4. **DeTox.** As your lab tests reveal any “dementogens” that may be lurking in your body or bloodstream, Dr. Teel will recommend ways to eliminate these toxins from your body. Feel free to do your own research to track down pollutants you may have been exposed to and should be tested for (heavy metals, Herpes, Lyme or other tick-borne diseases, mold, etc.)
 5. **Supplements.** Dr. Teel will recommend supplements based on your lab tests. Feel free to research and discuss other supplements with him that you discover and feel to be beneficial.
 6. **Exercise** at least 3x/week, preferably **daily**, including group exercise, if possible. Include aerobic, stretching/flexibility, strength. Do physical movements that require brain activity and coordination, like line dancing, square dancing, learning a new physical activity, like carpentry or painting. Gardening is also a great form of exercise that is known to improve brain health.
 7. **Nutrition:** Change your eating habits to a high fat/low carb regime with little or no cow dairy, gluten, or sugar or processed foods. Eat organic foods and pasture-fed meat or eggs and non-farm-raised fish when possible. A Vegan diet is also fine. Eat lots of green, leafy vegetables, and vegetables of various colors. Berries and nuts are good. High fructose sugars or high carb vegetables (e.g. white potatoes, corn) are not. Recommended healthy fat fish are salmon, mackerel, herring, and sardines. Avocados, olive oil, avocado oil, coconut oil, goat cheese, sheep cheese, and nuts all contain healthy fats. Your goal is to increase healthy fats and reduce carbohydrates to reduce inflammation. This is called a KetoFlex diet. (The “flex” part means you can cheat at least once a week!)
 8. **Intermittent Fasting.** Try not to eat or to drink anything with carbs for at least 12 to 14 hours between your last meal of the evening and your first meal of the next day. You’ll be sleeping during 8 of these hours. If you carry one or more ApoE4 genes, you should fast 14 to 16 hours between dinner and breakfast.
 - Do not eat or drink (except water or no calorie herbal tea) for 3 hours before bedtime.
 - No midnight snacking.
 9. **Brain Stimulation.** Do word games, card games, bridge, chess, cribbage, puzzles, etc. We recommend that you do online brain games on BrainHQ.com at least 3x/week or select an alternative brain exercise regime if you (or your spouse) isn't capable of doing Brain HQ. (The advantage of using BrainHQ is its proven efficacy in improving different types of brain function as well as the data that it captures on your progress, which Dr. Teel can review.)

10. **Sleep.** Try to get 7 to 8 hours of good sleep each night. Use a sleep monitoring device nightly or at least a couple of times each week that will indicate how much time you are spending in REM (dreaming sleep) and Deep Sleep and record these values on your daily logs.
11. **Music.** Listen to music every day if possible. Research shows that listening to music you listened to in your teen-age/young adult years, may be particularly beneficial for your brain.
12. **Social Engagement/Purpose/Volunteering.** Participate in social activities outside your home a few times each week. These are particularly helpful for your brain if you are engaged in volunteering activities that you feel give your life more purpose.
13. **Brain Health Group Activities.** Participate in as many monthly Seminars with Dr. Teel and the Brain Health group as you can. (These take place on the FIRST Wednesday afternoon each month from 3 to 5 pm at the Boothbay Harbor Community Center and via Zoom). They will be recorded for replay if you miss them. We will email you a link for all Zoom meeting connections.
14. **Participate** in as many weekly support group Zoom meetings as you can (These take place on Wednesday afternoons from 4 to 5 pm, except for the first Wed of each month--Dr. Teel's seminars.) You are welcome to suggest topics for these weekly meetings or to lead one.

Q. Is this program certified by Dr. Dale Bredesen?

A. No, We have not joined his network of practitioners, but we are closely following his research and adding to his findings from Dr. Teel's own considerable knowledge and experience in dealing with patients with Alzheimer's and Dementia for 40 years. So, our collaborative research is loosely based on Dr. Bredesen's protocol. We follow his protocol but add a few extra dimensions to it, such as music and social engagement. We call our protocol THE BOOTHBAY PROTOCOL. Our goal is to keep the costs down so that almost all your medical expenses are covered by Medicare. Dr. Bredesen's Apollo program costs many thousands of dollars/year.

Q. What are the Costs for this program?

A. For those who can afford it, membership in the 2026 program is \$50/month each for each patient and care partner. These funds are used to support our Alzheimer's Research and the costs to run the program. This is not reimbursable by your health insurance but is **a tax-deductible donation**. Many participants donate in advance for a year (\$600 per person). We recommend that you pay by check \$600 per person once a year or \$50 monthly. Some patients and their care partners set up automatic bill pay with their banks monthly so their bank just sends a check each month. Send checks to Boothbay Region Health Center, 185 Townsend Ave., Suite R, Boothbay Harbor, ME 04538. **Please make sure the memo fields on the checks are marked Brain Health or Alzheimer's Research.** You will receive an acknowledgement of your donation for tax purposes. ***If you can't afford this monthly DONATION, you are still welcome to participate in the program and are welcome to donate whatever you are able, and/or to offer your time or expertise to the group.***

Other out of pocket costs you should expect:

- The costs for your office visits with Dr. Teel should be covered by your health insurance. But please remember that there is a Medicare deductible you need to pay out of pocket at the beginning of each calendar year.

- Deductibles, Co-Pays & the portion of fees for lab tests, MRIs, etc. that may not be covered by your health insurance. (For example, some of us had to pay up to \$160 out of pocket for our Volumetric MRIs). Our staff works with your insurance for the most cost-effective pricing with their best efforts to minimize your out-of-pocket expenses.
- If you choose to use the BrainHQ brain games to receive the discounted rate of \$6/month. Send a check for \$72 (annual subscription) made out to BRHC, and write “Brain HQ” in the memo field. As soon as you have sent your check to the Health Center, notify Patty Seybold to add you to the group membership for BrainHQ.
- The cost of vitamins and supplements that are recommended to you that you may choose to take (again, not always covered by your health insurance).
- The cost of small medical devices for you to use to monitor your daily exercise and sleeping habits, blood sugar levels, ketosis levels, oxygen saturation and blood pressure. For monitoring sleep, we currently recommend a Withings Sleep Tracking Pad which fits under your mattress, which you can order through Withings or through Amazon. Most sleep tracking devices, including Withings, also record your heart rate and oxygen levels. For monitoring exercise, we recommend an Apple Watch or a FitBit or equivalent. We have yet to find a Ketone monitoring device that everyone likes and feels is accurate. Dr. Teel tells us that if we are fasting at least 12 hours between dinner and breakfast and not eating a lot of carbohydrates, we are probably in mild ketosis, which is one of the goals of the KetoFlex diet. You may spend \$200 or so on monitoring devices. But it’s a one-time cost.

Q: Once I’m a member, whom do I contact with questions about the program?

1. For everything having to do with your medical conditions, your health insurance, your appointments, your prescriptions, and your medical records, please contact the OFFICE at the Boothbay Region Health Center. Sherry Moody is the Practice Manager there. The phone number is (207) 633-1075. Her email address is: SherryMoody@bbrhc.org.
2. For anything that has to do with the program itself—nutrition, exercise, sleep, etc. or with questions about when our meetings are, or what others in the program are doing, you can call or text Brain Health Group Member/volunteer coordinator, Patty Seybold at (207) 633-4368 or email her at pseybold@customers.com. She is not able to answer your medical questions.

Additional Resources

There is a lending library at the Boothbay Region Health Center. You may find some of these books there:

Books:

**The First Survivors of Alzheimer’s* by Dr. Dale E. Bredesen. We recommend this for all new members of the program

The Ageless Brain by Dr. Dale E. Bredesen

Reversing Alzheimer’s: The New Toolkit to Improve Cognition and Improve Brain Health by Dr. Heather Sandison

The End of Alzheimer's Program: The First Protocol to Enhance Cognition and Reverse Cognitive Decline at Any Age by Dr. Dale E. Bredesen

Movie/Documentary:

****Memories for Life: Reversing Alzheimer's*** (available online). We recommend this for all new members to the program. It describes the history of Bredesen's research and program, including some of the controversy surrounding his approach