



## **Frequently Asked Questions about the Boothbay Region Health Center's 2024 Brain Health Research Study**

### **Benefits of the Research Program:**

If you, or your spouse or parent, is concerned about dementia or Alzheimer's, or already beginning to suffer from cognitive decline, there IS something you can do to slow the process, or even to reverse it! The good news is that the latest research in cognition has shown that lifestyle changes can significantly reduce cognitive decline. This means that we, as patients, have the ability to reduce our risk of cognitive decline, including Alzheimer's and Dementia.

The benefits of participating in this Research Study are:

- You will know that you are doing all that you can do to reduce the impact of cognitive decline on your life, or that of your loved one.
- You will have a support group of others with similar concerns, with weekly coaching and the undivided attention of a physician who is single-mindedly devoted to helping you reduce the severity of cognitive decline.
- You will learn what YOU can do to slow or even reverse this process.
- You will be more in control of your own mental and physical health.

### **What is this Research Program?**

The Boothbay Region Health Center, under the guidance of Allan S. Teel, M.D., who has been specializing in the care of patients with cognitive decline for over 30 years, is conducting a Research Program in Brain Health. **People who are experiencing the early stages of cognitive decline or those who are concerned that they may be at hereditary risk of experiencing cognitive decline (Dementia, Alzheimer's) are welcome to enroll in this ongoing research study program.** The program began in January 2020 with 28 participants, added more in 2021, 2022 and 2023, and is continuing in 2024 with 80+ active participants.

The program is sponsored by the Boothbay Region Health Center. It is based on Dr. Teel's experience as well as on the latest research in the field that has been carried out and documented by Dr. Dale E. Bredesen whose books and research form the foundation for this program. The program is currently funded by Memberships to the Health Center's Brain Health Research Program. We are also applying for, but not waiting for, Grant Funding.

The program includes at least 4 office visits per year with Dr. Teel, monthly 2-hour shared medical appointment/seminars conducted face-to-face and via Zoom and weekly 1-hour Zoom support group meetings. Each participant or couple needs to commit to making lifestyle changes in exercise, diet, and sleep habits. There is an email list and online database of all of the seminars and notes from previous sessions.

We hope to publish the results of our study in a recognized medical journal, once we have documented data to report. Patients' identities will be kept anonymous as with all clinical studies.

### **Frequently Asked Questions about the Boothbay Region Health Center's Brain Health Research Program**

**Q. If my spouse 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 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

**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.

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

**A.** That you commit to at least try to:

1. Exercise at least 3x/week
2. Do 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 as well as the data that it captures on your progress, and your subscription is covered by your membership fee).
3. Do not eat for 3 hours before bedtime.
4. Do not eat/drink anything but water, tea or black coffee (no sugar or dairy) for at least 10 to 14 hours between your last meal of the evening and your first meal of the next day.
  - o You'll be sleeping during 8 of these 10 hours. (No midnight snacking).
5. Change your eating habits to a high fat/low carb regime with little or no dairy, grains, or sugar. We will offer support and guidance for this regime.
6. Supply previous lab results, and/or 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).

7. Have at least 4 Office Visits with Dr. Allan Teel or his colleague, Susan Lord, FNP, during 2024 to develop your personalized plan. Dr. Teel will review and adjust your plan accordingly throughout the program year to optimize your results.
8. Participate in as many monthly Shared Medical Appointment/Dr. Teel's Seminars of the 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.
9. 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.
10. Keep a log of your daily activities on an electronic form we provide that you can fill in on your computer or your Smart Phone.

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

No, We have not joined his network of practitioners, but we are closely following his research and adding to his findings Dr. Teel's own considerable knowledge and experience in dealing with patients with Alzheimer's and Dementia for over 30 years. So, this research study 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. And we are trying 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?**

- Membership in the 2024 program is \$50/month for each patient. 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). Some set up autopay with their banks monthly or quarterly. If you can't afford the monthly donation, you are still welcome to participate in the program.

**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 best cost-effective pricing with their best efforts to minimize your out-of-pocket expenses.
- Cost of Books, such as Dale Bredesen's *The First Survivors of Alzheimer's* and *The End of Alzheimer's Program*, which are required reference books for this program.
- The cost of vitamins and supplements that are recommended to you that you may choose to take (again, not covered by your health insurance).
- The cost of small medical devices for you to use to monitor your blood sugar, ketosis, oxygen levels, exercise, sleeping habits.