

## How to Enroll in the Boothbay Region Health Center's 2024 Brain Health Research Study

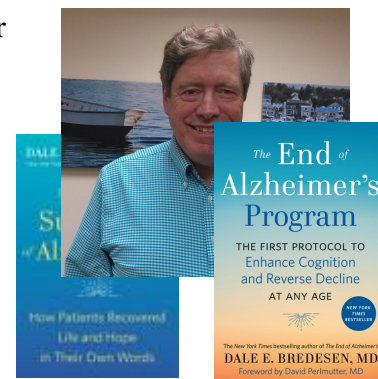
- 1. Read the 3 Documents describing this program:** The History of the Brain Health Program, Q&A about the Brain Health program, and this document: How to Enroll.
- 2. Schedule a Phone Call with Patty Seybold**, the Volunteer Patient Coordinator for the program. Her email is pseybold@customers.com. Her phone number is (207) 633-4368. She will answer your questions about the program and talk with you about your situation and your commitment to making the necessary lifestyle changes. Once she approves you for joining the program, she will sign you up for the group email list.
- 3. Schedule 4 Appointments with Dr. Teel.** Schedule four office visits with Dr. Teel in the next 12 months. The second visit should be scheduled 4 to 6 weeks after your first visit so that you can review the results of your lab tests together. Call (207) 633-1075. He has office hours on Mondays for Brain Health patients at our office in Boothbay Harbor. Your health insurance will pay for these visits.

If you're not already a patient of the Boothbay Region Health Center, your insurance will require your Primary Care Physician (PCP) to provide a referral to Dr. Teel in order for you to see him as a specialist in reversing cognitive decline. And you'll need to fill in paperwork requesting that copies of your health records be sent to the Boothbay Region Health Center.

**4. Read these 2 books by Dr. Dale E. Bredesen:**

a. *The First Survivors of Alzheimer's: How Patients Discovered Life and Hope in their own Words*

b. *The End of Alzheimer's Program: The First Protocol to Enhance Cognition and Reverse Decline at any Age*, copyright 2020. (You can read his previous book as well, but this one should be sufficient.)



- 5. Send a payment** to the Boothbay Region Health Center for your Membership in the program. Checks should be made out to BRHC. Please mark the check with *Brain Health* in the Memo field. Mail or deliver it to Boothbay Region Health Center, 185 Townsend Ave., Suite R, Boothbay Harbor, ME 04538. We ask for an optional donation of \$50/month per patient. Many patients pay once a year (\$600). Others pay quarterly (\$150). The Health Center will not send you an invoice. The easiest way is to have your bank send a check every month or every quarter. If you want to join the program, but can't afford a donation towards the Membership, please let our staff know and they will give you an application to qualify for a reduced fee scholarship. Please be aware that this membership fee is considered a tax-deductible donation. And, if you enroll in Dr. Bredesen's Apollo program (which includes LESS patient support), you would be charged over \$10,000 per year. Our goal is to make this program affordable and accessible to as many people as possible.