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## **Testing to consider for Optimal Brain Health**

### **Brain Health Basic blood tests**

Fasting blood glucose, Thyroid panel ( TSH, Free T3, Free T4), hemoglobin A1c, cholesterol panel, Fasting insulin, homocysteine, Vitamin D, C-reactive protein, Celiac panel,

### **Advanced testing to consider:**

VAP, LPP, or Boston Diagnostics expanded cholesterol(lipid) panel.

Cyrex array 3 panel if traditional Celiac panel is negative. (Kits are likely only carried by Functional Medicine docs) Not available through Quest or Labcorp.

Heavy metals blood panel.

### **If >45 or symptomatic for hormone imbalance, check sex hormones.**

**For women:** Check serum estradiol, progesterone, total and free testosterone, IGF-1 and DHEA-S

**For Men:** Check serum Total and Free testosterone, estradiol, IGF-1 and DHEA-S

### **Genetic testing to consider**

23andme panel- this can be self-ordered at 23andme.com

MTHFR methylation test. This is in the 23andme panel or can be done through Labcorp or Quest.

Detoxigenomic profile. Functional medicine docs will carry. See detail at gdx.net

ApoE testing and Telomere testing through Spectracell labs.



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#### **On exam**

Blood pressure needs to ideally be in 120/70 range or better in office and at home.

Check weight with BMI, do body fat/composition if possible.

Waist/hip ratio

#### **Other tests**

Consider home sleep study, followed by a formal sleep study at hospital if abnormal. Treat if needed.

Consider QEEG brain Map to assess electrical activity of brain.

Consider MRI and SPECT Imaging to assess anatomy and blood flow.

Consider neurocognitive testing such as ADAS-COG via a neuropsychologist to determine severity of cognitive impairment if present.

Confused on what to do?

Come see Dr. Grover for a consult.

Call us at 303-355-2385 or email us at [info@revolutionarymd.com](mailto:info@revolutionarymd.com) to set up an appointment.

Please visit our website to download and view presentations on Brain Health and other topics.

Go to <http://revolutionarymd.com> and view the tabs “Meet Dr. Grover” and “Wellness links” for talks and documents to improve your brain health.