

Dementia Testing Protocol

FIRST LEVEL TESTING

Nutrient Deficiency or Excess

Method of Testing

Assess Digestion Especially HCL

Symptoms of hypochlorhedria can be assessed with various Questionnaires. Lab tests can be used are **Serum Globulin** levels over 2.8 , **Serum Gastrin** levels less than 45. Patients can be sent to drawing stations using services like Professional Co-op Services (PCS) 866-999-4041 for package/ discount. See links below.

B12

Optimal levels for **MCV** are 82-89.9
Optimal levels for **MCH** are 27.0-34.00
If **MVC** levels are over 90 and **MCH** over 39 consider for B12 / folic acid deficiencies. **Methylmalonic Acid** either urine or serum can also be used. Lab prices are around \$ 80.00 for MA.

B6

When **MCV** is less than 82 and **MCH** is less than 27.0 and iron and ferritin levels are normal, consider other nutrients needed to make healthy RBC's... B6 is the next one on the list.

Folic Acid, B12, Betaine, B6

Homocysteine (PCS), around \$40.00

Vitamin D

25, Hydroxyl vitamin D, optimal keep rising as new research is released new blood level appears to be between 60-80 ng/ml . (PCS) around \$35.00

Fasting Insulin Levels

Fasting Insulin Levels for optimal functioning should be less than 10. (PCS) around \$20.00

Antioxidants

3 types of tests can be done
a) Lingual Ascorbic Acid test 919-419-9099, \$55.00 per kit however this yields about 700 tests
b) Urine
c) Full panel of all the antioxidants using blood via Metamatrix 800-221-4640 or Spectra Cell 800-227-5222

Support EFA

Support Cell membrane integrity.

Food Sensitivities

Can be done with blood spot testing 96 foods can be tested with both IgA and IgG for around \$200.00 US
Bio-Tek 206-365-1256

Professional Co-op Services has a panel that will include everything above except the Lingual Ascorbic acid test and the blood spot food sensitivities. The test is called the **Opti-Cardio Panel plus Insulin**. The code is 349751 and the cost is \$209.00. This is a complete chemistry panel with a CBC and differential as well as the Insulin, Hb A1c, TIBC & %Iron Saturation, Ferritin, C-Reactive Protein (High Sensitivity), 25-Hydroxy Vitamin D, Homocysteine and Fibrinogen. You can contact professional co-op services for CPT-Codes and further testing information at 866-999-4041. The beauty is that you can send your patients to one of over 1700 drawing stations and don't have to worry about time consuming regulations and possible conflicts with your schedule.

Second Level Testing (to be discussed in future Tuesday Minutes)

Hormone Testing

DHEA, Progesterone, testosterone, estradiol and cortisol. Different labs offer saliva, 24 hour urine and blood. There is great controversy on the best mediums to use and optimal levels are beyond the scope of this handout...Healthy Hormones are critical for healthy brain function

Heavy Metal Screening

DMSA Challenge for 4 days. Start collecting the 24 hour urine sample on the morning of the fourth day of taking DMSA. We are looking for all the heavy metals and particularly looking at elevated copper levels. Dr's Data 800-323-2784 \$110.00

Comp. Stool Digestive Analysis

Looking for Digestive influences and gut dysfunction. Dr's Data 800-323-2784 will perform this as well as other gut tests.

Amino Acids

Use blood or urine. The blood gives the "right now" homeostasis picture and the urine will reflect metabolites and other excretion by products. To be discussed at a later date. Dr's Data 800-323-2784