

The Proactive Cognitive Decline Prevention & Healthspan Optimization Checklist for Adults in Midlife and Beyond

Put out the Fire of Inflammation

- Big Goals - Optimize Key Inflammatory & Cardiovascular Health Markers**
 - hs-CRP level (goal 0.5 mg/L or less)
 - Apolipoprotein B (APO B) (goal 90 mg/dL or less)
 - Lp-PLA2 (lipoprotein-associated phospholipase A2) (goal 123 nmol/min/mL or less)
 - Homocysteine (10 umol/L or less)

Action Items to uncover and treat any root causes of chronic inflammation.

- Optimize body composition for your age and gender (know your body fat percentage goal)
- Schedule a comprehensive physical exam and laboratory studies with your personal physician.
- Update all of your routine cancer screenings for your age and gender.
- Get a comprehensive dental check up and regular dental care.
- Learn how to care for your oral microbiome.
- Uncover the cause and address any swelling, pain or redness in joints.
- Tend to any chronic skin conditions.
- Understand and optimize your intestinal microbiome. Tend to your GI tract function and address any chronic symptoms.
- Track and optimize your sleep.
- Manage stress and tend to your emotional health.
- Create and implement a plan to move your body regularly.
- Address any underlying medical conditions.
- Minimize or eliminate use of NSAIDs.
- Tend to your vascular endothelium.
- Explore the possibility of chronic infections (e.g. Lyme disease, EBV, herpes).
- Optimize your diet. Minimize or eliminate ultra-processed foods.
- Consider adding herbal/nutritional supplement anti-inflammatory support.

Balance Your Blood Sugar and Reverse Insulin Resistance

- Big Goals** - Optimize Fasting Glucose & Insulin Levels*
 - Fasting glucose level (65 to 85 mg/dL)
 - Fasting insulin level (5 uIU/mL or less)
 - HgbA1c (5.2 % of total hemoglobin or less)

*Goals will vary for individuals with diabetes or other special circumstances.

Action items to uncover and treat any root causes of insulin resistance and blood sugar imbalance.

- Consider a continuous glucose monitor to gain insights.
- Figure out and adhere to your optimal daily caloric intake.
- Consider tracking your calories and macronutrients using an app like cronometer.
- Figure out and adhere to the optimal number of carbohydrate gram intake per day for your age, gender and health status.
- Work with a health coach/nutritionist to optimize nutrition.

Ensure Adequate Growth Factors for the Brain & Body

- Big Goals** - Optimize Key Hormones & Nutrients
 - Vitamin D, 25-Hydroxy, Total, Immunoassay (goal 50-80 ng/mL)
 - Thyroid tests (optimal levels are based on clinical situation)
 - RBC magnesium level (goal 5.0-6.4 mg/dL)
 - B12 level (500 - 1100 pg/mL)
 - Sex hormones (optimal levels are based on age, gender, and health status)

Action items to uncover and treat root causes of hormone imbalance and nutrient deficiencies.

- Learn and implement strategies to boost BDNF.
- Explore bio-identical hormone replacement therapy if applicable.
- Replace micronutrients if deficiency is found.
- Start a regular brain training routine.
- Evaluate and optimize your social engagement.
- Explore music and dancing. Learn a new language or how to play a new musical instrument.

Address Environmental Toxicity

- Big Goals** - Explore & Address Potential Sources of Toxicity
 - Explore testing options for heavy metals
 - Explore testing options for mycotoxins if indicated
 - Explore testing options for non-metal environmental toxins

Action items to uncover and address root causes of toxicity.

- Consider careful replacement of any “silver fillings” (aka mercury amalgams) by a biological dentist.
- Address any underlying addictions or use/overuse of harmful substances such as drugs, tobacco, and alcohol.
- Consider adding nutritional/herbal support for liver and digestive support.
- Filter water at home/office.
- Filter air at home/office.
- Minimize exposure to plastics.
- Evaluate and clean up your personal care products.
- Evaluate and clean up your wardrobe.
- Evaluate and clean up your home and yard cleaning and maintenance products.

Oxygenate Your Brain and Body

- Big Goals** - Optimize Vascular Health & Circulation
 - Evaluate for and address sleep apnea if applicable.
 - Optimize your VO2 max for age, gender and fitness goals.

Action items to uncover and treat vascular dysfunction.

- Learn about and begin optimizing your breathing patterns.
- Know your blood pressure number goals and take steps to optimize your blood pressure.
- Consider working with a personal trainer to optimize the five components of your physical fitness (1) body composition, (2) flexibility, (3) muscular strength, (4) muscular endurance, and (5) cardiorespiratory endurance.

Heal Trauma & Live with Intentionality

- Big Goals** - Optimize Mental & Emotional Health
 - Know your ACE score.
 - Know your PHQ-9 score.

Action Items to uncover and treat any root causes of trauma, head injury and mental health challenges.

- Evaluate and treat for anxiety, depression, attention deficit disorder, and other mental health concerns.
 - Evaluate and treat for any history of head trauma.
 - Evaluate and treat for any history of psychological/emotional trauma.
 - Work with a counselor or professional coach.
 - Learn how to identify and address cognitive distortions.
 - Rewire your brain with insights from positive psychology and your faith tradition.
 - Nurture loving, supportive relationships in your life.
 - Live on purpose. Know your “why?” - what gets you out of bed in the morning? Answer the questions “what drives you forward?” and “what brings you joy?”
 - Incorporate adequate rest, recreation and downtime into your schedule.
 - Connect with a supportive community.
 - Find ways to laugh more.
 - Explore spirituality.
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In your journey towards proactive cognitive health and optimizing your healthspan, remember that you don't have to navigate this path alone. At Caring for the Body, PLLC - Center for Functional Medicine, we are dedicated to your well-being and are here to support you every step of the way. If you have any questions, concerns, or would like personalized guidance tailored to your unique needs, please don't hesitate to reach out to us. Remember, your health is a precious asset, and it's crucial to work closely with your personal physician and qualified health professionals before making any significant changes to your wellness routine.

Blessings to you! Cynthia Libert, M.D.

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