

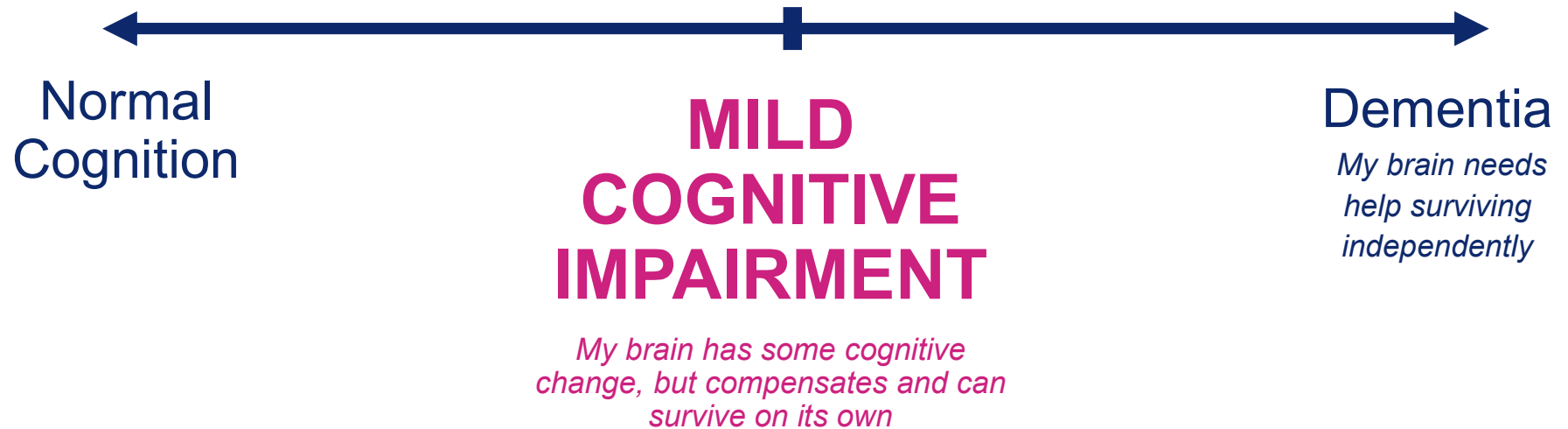
March 15, 2024

Let's Chat About Thinking: Mild Cognitive Impairment

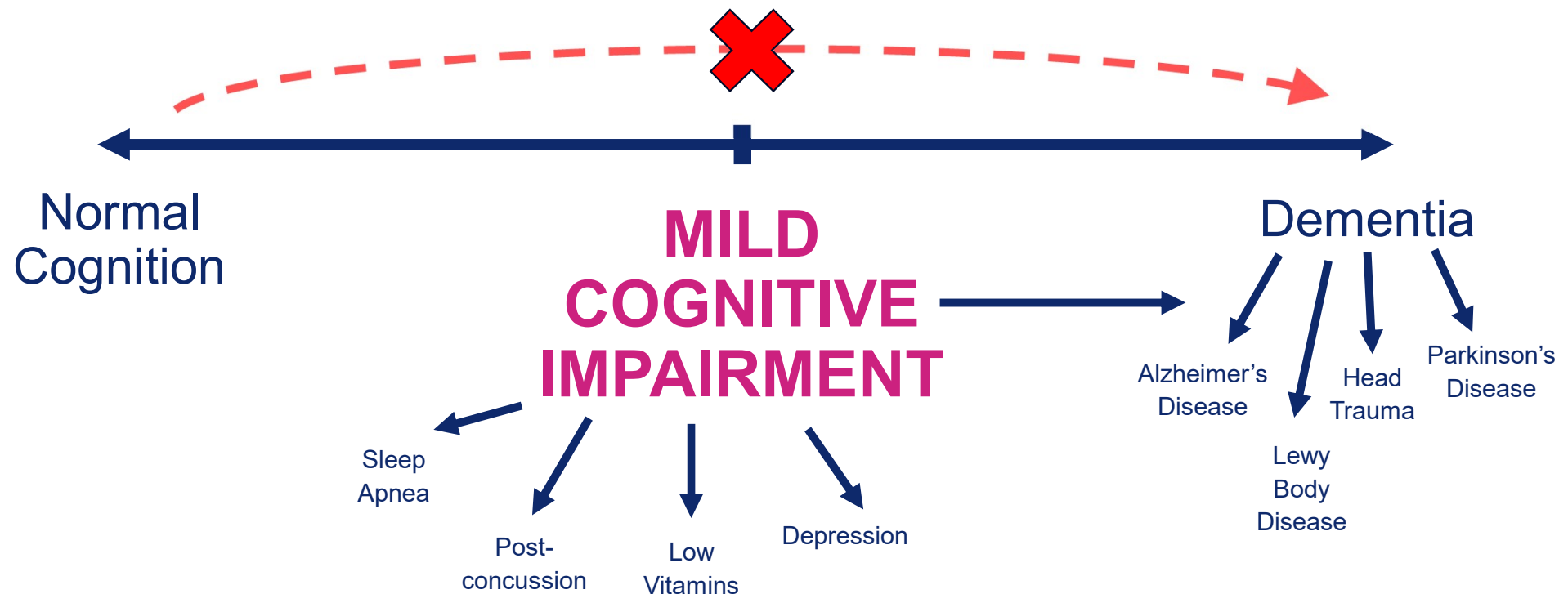
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Cognitive Behavioral Neurology



Descriptions of FUNCTION



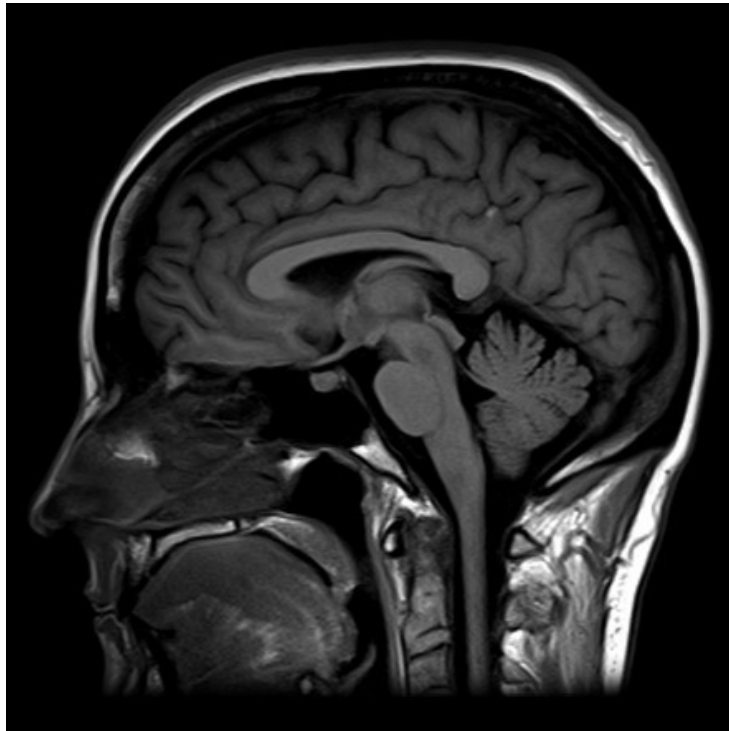
None of these words are **DIAGNOSES**! They can be caused by multiple different diseases.



Sometimes mild cognitive impairment is the first stage of a disease that can progress to dementia, so always ask what is the cause of my MCI? Is it expected to improve?




Doctors can use various tools to figure out the type of MCI you may have and predict if it may progress. Often there are overlapping variables.



MONTREAL COGNITIVE ASSESSMENT (MOCA)
Version 7.1 Original Version

NAME: _____ Education: _____ Date of birth: _____
Sex: _____ DATE: _____


VISUOSPATIAL / EXECUTIVE

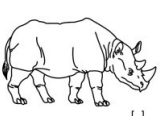
Copy cube:  _____

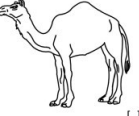
Draw CLOCK (Ten past eleven) (3 points): _____

Points: _____/5

NAMING

 _____

 _____

 _____

Points: _____/3

MEMORY

Read list of words, subject must repeat them. Do 2 trials, even if 1st trial is successful. Do a recall after 5 minutes.

	FACE	VELVET	CHURCH	DAISY	RED
1st trial					
2nd trial					

No points

ATTENTION

Read list of digits (1 digit/ sec.). Subject has to repeat them in the forward order. [] 2 1 8 5 4

Subject has to repeat them in the backward order. [] 7 4 2

Read list of letters. The subject must tap with his hand at each letter A. No points if ≥ 2 errors.

[] F B A C M N A A J K L B A F A K D E A A A J A M O F A A B

Serial 7 subtraction starting at 100 [] 93 [] 86 [] 79 [] 72 [] 65

4 or 5 correct subtractions: 3 pts, 2 or 3 correct: 2 pts, 1 correct: 1 pt, 0 correct: 0 pt

Points: _____/3

LANGUAGE

Repeat: I only know that John is the one to help today. []

The cat always hid under the couch when dogs were in the room. []

Fluency / Name maximum number of words in one minute that begin with the letter F [] (N ≥ 11 words)

Points: _____/2

ABSTRACTION

Similarity between e.g. banana - orange = fruit [] train - bicycle [] watch - ruler

Points: _____/2

DELAYED RECALL

Has to recall words WITH NO CUE	FACE	VELVET	CHURCH	DAISY	RED
[]	[]	[]	[]	[]	[]

Points for UNCLUED recall only

Optional

Category cue _____

Multiple choice cue _____

ORIENTATION

[] Date [] Month [] Year [] Day [] Place [] City

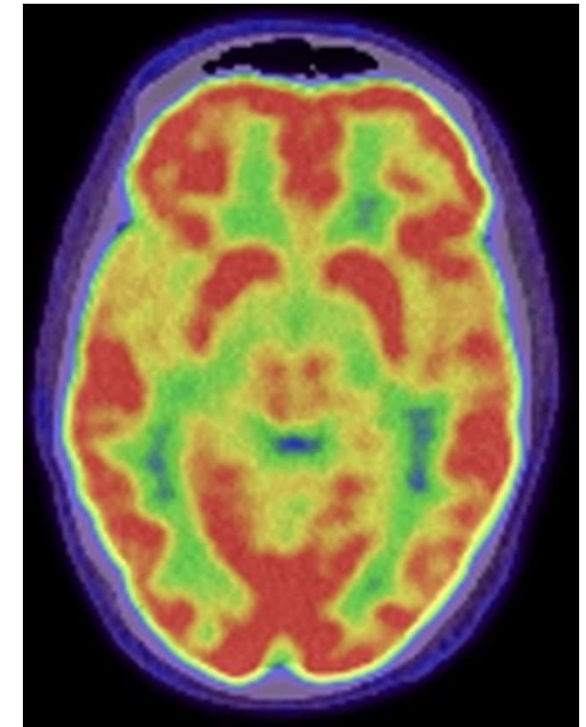
Points: _____/6

TOTAL

_____/30

© Z.Nasreddine MD www.mocatest.org Normal ≥ 26 / 30

Administered by: _____ Add 1 point if ≤ 12 yr old



Depending on the cause, we have therapies that can reverse MCI! In other cases, we have to focus very hard on preserving our brain health.



Here are the best ways to keep your brain healthy and treat your mild cognitive impairment:



- 1. Keep your body physically fit**
Aim for at least 30 minutes of daily moderate exercise
- 2. Eat nutritious brain healthy foods**
Low in processing, high in fruits, vegetables and antioxidants, MIND diet
- 3. Treat your medical risk factors**
Tight control of glucose, blood pressure, cholesterol
- 4. Get enough rest and sleep**
Aim for at least 7-8 hours of uninterrupted sleep, at night
- 5. Keep your brain sharp and engaged**
Find challenging tasks and hobbies that interest you
- 6. Keep socially connected**
Be part of a community, reduce stress, be happy

