



HAVING A HARD TIME REMEMBERING?

**4 SIGNS YOU MAY BE AT RISK
FOR COGNITIVE DECLINE**

BY YOSHI RAHM, DO

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Could You Be Losing Your Memory? Many Are

Cognitive decline and losing your memory can be very frightening and sad.

Have you noticed changes in your ability to think or remember facts and events, and started to feel afraid or sad? Or perhaps you're the loved one of someone who is going through cognitive changes and have started to notice what decline looks like from the outside.



Either way, it's great that you've chosen to read this guide because we're all at risk of cognitive decline and memory loss more now than ever before (more on that, later).

That means the likelihood that you or a loved one is going to experience memory loss, mood changes and difficulties with decision-making has increased. It also means that it's very important to get educated on the subject.

There is something you can do now to get some relief from the worry you feel: reading this guide, which can help you identify the symptoms and prevent the worst from happening, as well as quickly and easily step onto the path to better mental health, focus, and clarity of mind.

You'll discover that there are simple, effective ways to identify cognitive decline of all types and that there are specific causes for it. Everything is outlined here.

As a physician, I want you to feel empowered and in control of your mental wellness, and know where to get the most effective, natural treatment protocols. So let's get started.

You can find even more information about your cognitive decline on my website at dryoshi.com. And if you have any other questions, please email dryoshi@dryoshi.com.

To your health and wellness,

Yoshi Rahm, DO

Defining Cognitive Decline & Memory Loss

If you can't think as clearly as you used to be able to, you have difficulty making "normal" decisions, or you forget small things on a regular basis, there may be a chance that you're suffering from mild cognitive decline, or possibly something a little more severe.

Mild Cognitive Decline

Mild cognitive impairment usually affects older adults and causes a slight but noticeable and measurable decline in cognitive abilities, including memory and thinking skills.

If these changes are serious enough to be noticed by you or the people around you but don't interfere with daily life or independent function, they're classed as mild cognitive impairment (MCI).

MCI is an intermediate stage between the expected cognitive decline of normal aging and the more serious impairment associated with dementia.

MCI that mainly affects your memory is called "amnesic MCI". When you have amnesic MCI, you may start forgetting important information, and miss appointments, fail to recall something said in a conversation or even that a recent event happened.

The MCI that affects thinking skills other than your memory is called "nonamnesic MCI". This type may affect your ability to make sound decisions, know how much time has passed or visual perception, among other things.

People with MCI, especially MCI that comes with memory problems, are more likely to develop Alzheimer's disease or other types of dementia than those without MCI.

However, MCI doesn't always lead to dementia: it may remain stable or revert to normal cognition.

MCI may also be mistakenly diagnosed in other cases, such as when a medication causes the symptoms of cognitive impairment. That's why it's so important to get a strong diagnosis as soon as you can.

Dementia and Alzheimer's Disease

Dementia is an umbrella term for a set of symptoms that include impaired thinking and problems with memory. Dementia can be caused by Alzheimer's, but it can also be caused by Huntington's Disease, Parkinson's Disease and Creutzfeldt-Jakob disease, among others.

Alzheimer's causes problems with memory, thinking, and behavior. Outbursts of anger, anxiety, and depression are common, as are trouble focusing, communicating and carrying out daily activities.

Cognitive Decline Is On The Rise

MCI affects about 16-20 percent of older adults, especially those with a history of diabetes, heart disease, smoking, mental illness or neurological conditions.

After Alzheimer's moved up to being the third leading cause of death after being the sixth, the disease started to get more attention and projections started being made. It's now estimated that Alzheimer's will affect about half of the senior population in the next generation.

Genes also play a role in Alzheimer's. An estimated 75 million Americans have the single allele for Apolipoprotein E epsilon 4 (ApoE4), which makes it 30% likely that they'll develop the disease. Around 7 million have two copies of this gene, making it 50% likely that they'll get Alzheimer's.

4 Signs You May Be At Risk Of Cognitive Decline

The following symptoms are worth watching out for if you think you may be at risk of even very mild cognitive decline.

1. Changes In Language And Speech

If you find yourself repeating yourself often or losing your “train of thought” on a regular basis, you may be suffering from MCI, which affects your ability to recall information.

2. Frequent And Consistent Memory Loss

If you get lost, forget names and dates or miss appointments more often than you used to, you may be at risk of cognitive decline.

3. Mood Changes

Becoming more impulsive, impatient and irritable are all signs of possible cognitive impairment. Mood changes are also common. Feeling more anxious, apathetic or depressed? If so, it may be time to see an expert.

4. Worrying About Mental Performance

Worrying about how you’ll perform mentally while around others can be a sign that you’re at risk of cognitive decline.

The Causes Of Memory Problems

Many things can cause MCI and memory problems.

1. Prescription Drugs And Polypharmacy

Memory loss can be a sign that your medication needs to be adjusted, as certain types of drugs can affect your memory, including:

- Sleeping pills and tranquilizers
- Antihistamines
- Anti-anxiety medications
- Antidepressants
- Muscle relaxants
- Diabetes medication
- Cholesterol-lowering medication
- Some painkillers prescribed after surgery

Combining certain medications may also affect your memory.

2. Significant Stress, Depression & Anxiety

Juggling home and work responsibilities? Significant stress, depression or anxiety can all lead to problems with attention and memory.

Untreated chronic stress can also lead to depression, and worsen an existing problem with your memory.

3. Problems With Sleep

Research suggests that deep sleep plays a very important role in memory, and sleep apnea has been found to increase cognitive decline.

That's why sleep apnea must be identified and dealt with as soon as possible if you want to prevent memory problems and cognitive decline from getting worse.

This common but treatable sleep disorder causes your breathing to stop briefly on a regular basis during the night. Do you wake up with a headache and have daytime fatigue? Does your partner complain of loud snoring? Then you may have sleep apnea.

When left untreated, sleep apnea affects spatial navigational memory, according to studies, which means you may be unable to remember directions or where you put your keys.

4. Silent Stroke

Forgetfulness may be an early warning sign of stroke, according to a recent study. Silent strokes that block major brain blood vessels can cause changes in brain function because they deprive the brain of oxygen and essential nutrients.

5. Nutritional Deficiency

If you don't get enough vitamin B12 in your diet or through supplementation, it can also lead to confusion and even dementia. You need around 2.4 micrograms of B12 per day.

6. Less Common Causes

Other conditions that can lead to memory issues include:

- Tumors: The ability to process information and remember can also be affected by brain tumors, but the treatments, including brain surgery, chemotherapy and radiation therapy can also play a key role in your cognitive wellbeing.
- Infections: Severe infections around the brain, such as neurosyphilis, have been linked to cognitive impairment.
- Head injuries: Even mild brain injury can lead to confusion and trouble with concentration and memory.
- Substance abuse and alcoholism: A recent study found that men who drank heavily showed signs of mental decline 1-6 years earlier than light drinkers, but both alcoholism and drug abuse can affect memory.

6. Getting Tested

MCI is usually diagnosed according to symptoms, but if a physician is having trouble confirming an MCI diagnosis because the symptoms are very slight or another reason, biomarker tests such as brain imaging and cerebrospinal fluid tests can be performed to see if the person has MCI due to Alzheimer's.

The workup usually includes the following:

- A thorough medical history, including current symptoms, previous illnesses and medical conditions, family history of significant memory problems or dementia, etc.
- An in-office neurological exam to assess nerve function and reflexes, movement, coordination, balance, and senses.
- Laboratory tests, including blood tests and imaging of the brain.
- An assessment of mental status designed to evaluate memory, planning, the ability to understand visual information, key thinking skills and judgment.
- Input from a family member or trusted friend, who may be asked to provide information on how cognitive function may have changed over time.
- An assessment of how independent the person is with regards to their daily activities.

There are now thought to be various subtypes of Alzheimer's. To test for Alzheimer's a Ferritin test may be performed, as well as a GGT, fasting insulin, TSH, free T3 and an ApoE4 test to see how many alleles you have, among many, many others.

Ground-breaking research is also now being done to prevent, slow or even reverse Alzheimer's and MCI, and the field of functional medicine is bringing this cutting-edge thought into its doctors' offices.

Healing Cognitive Decline Naturally: Oasis Family Medicine Can Help

If you're ready to begin a natural therapeutic way to address your cognitive decline, Oasis Family Medicine is an excellent place to start. We believe in guiding you through all five of the necessary steps toward relief to help correct the symptoms you are experiencing.

We have a strong reputation.

We have an excellent reputation in treating cognitive decline. We run a cutting-edge center within our medical practice. Talk to any of our patients – they'll tell you they agree.

Our on-staff specialists are experts in cognitive decline.

We are best qualified to understand your particular cognitive decline symptoms and needs. At Oasis Family Medicine, our physicians are Board Certified in Family Medicine as well as in Integrative & Holistic Medicine and are available on site. You can rest assured that we know how to take care of you and your needs better than any other clinic around.

We consider your medical history.

We care about your health, and we'll fight to get you the best possible outcome. This is important to you, of course, but it's equally important to us to maintain our exemplary reputation. Not every place will review and consider your unique medical history. Our clinicians will ensure you're able to get the most targeted natural treatment for the symptoms of your cognitive decline.

We offer ongoing support.

You can count on our doctors and staff to continue to work with you to help you balance your nutritional needs with the recommendations for minimizing your symptoms. With this level of ongoing support, you'll progress faster and more quickly achieve a thriving life. Your struggle cognitive decline will eventually feel like it's fading.

If you're ready to hop on a no-obligation call to find out what we can do to help you treat your cognitive decline before it gets any worse, call us at 818.957.6909 – or even better, [click here to schedule your free call](#) right now!

Your Next Steps

Now you've learned everything you need to know about finding relief for your symptoms.

Conventional approaches to treating cognitive decline traditionally involve prescribing medications like Alzheimer's medication when the main symptom is memory loss, which can have a number of side-effects. None of these options come without strings and risks.

But all-natural therapy is among the quickest, least invasive and most effective treatment options available today. Treating the root cause of your symptoms is less invasive and extremely advantageous to your overall health.

Schedule a free, no-obligation phone consultation with Oasis Family Medicine to learn exactly what we can do to alleviate your cognitive decline once and for all.

[SCHEDULE YOUR PHONE CONSULT ONLINE](#) OR CALL 818.957.6909

Put your fears to rest – treatment is possible. Call now to discover the ways we can work with you to keep your cognitive decline in check and maximize your wellbeing.

Remember – your health is worth it, *and so are you!*

We look forward to helping you.

Yoshi Rahm, DO
Oasis Family Medicine

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DrYoshi.com

About Oasis Family Medicine Physicians & Practitioners

Yoshi Rahm, DO

Dr. Yoshi Rahm is a Board Certified Family Physician with a separate board certification in Integrative and Holistic Medicine. Dr. Rahm grew up in a small town in Northern California. His simple upbringing, which included living without electricity, TV or phone, gave him an early appreciation for healthy living.

He attended U.C. San Diego where he majored in Animal Physiology and Neuroscience and minored in Human Development. After graduating, Dr. Rahm interned at a neuroscience laboratory in Germany and traveled throughout Europe before working at a nonprofit Biotech laboratory in San Diego.



Dr. Rahm attended Western University of Health Sciences, College of Osteopathic Medicine. As a medical student he participated in many volunteer activities including medical missions to Mexico and Ecuador. After medical school, he completed his Internship and Residency in Family Medicine at Glendale Adventist Medical Center. During his time there he was elected Chief Resident. Upon graduation he received the two highest distinctions: “Resident Teacher Award” as presented by the faculty and “Resident of the Year Award” as recognized by the staff. Dr. Rahm then went on to become an Attending Physician teaching at the same residency program.

Dr. Rahm feels blessed to be a Family Medicine physician. His Montrose based practice merges a highly accessible and compassionate practice with technologically driven tools and an evidence-based approach for healing. He is honored to care for everyone in the community from newborns to geriatrics, with new or chronic conditions. His primary goal is to help you achieve your optimum health so you can enjoy life to the fullest. He helps guide you using evidence-based medicinal practices and cutting edge technologies combined with common sense and old world wisdom.

His special interest in neurological and brain health began very early due to his younger brother having epilepsy, his father passing due to ALS, and a grandfather passing due to Dementia.

Dr. Rahm is excited for you to meet us at Oasis Family Medicine so that YOU can be served in a great way on your way to a more vibrant life!

In his spare time, Dr. Rahm enjoys spending time with his friends and family, especially his wife and children. His other hobbies include running, swimming, cultivating energy, reading fiction books, playing any and all sports and trying new foods – the spicier the better!

Anne Kuo, DO

Dr. Anne Kuo is a Board Certified Family Medicine physician as well as a Board Certified Integrative and Holistic Medicine Physician who is committed to maximizing wellness and treating the whole person. Dr. Kuo grew up in New York where she was fortunate to have wonderful parents who taught her about the importance of healthy habits such as avoiding fast food and eating more whole foods, long before all the mainstream media coverage.

Dr. Kuo attended Tufts University. After earning her undergraduate degree, she performed clinical research at the Children's Hospital of Boston and then earned her master's degree in Medical Science at Boston University. She decided to apply to medical school because health and well-being have always been important to her and helping others achieve optimal health seemed the most rewarding. Working with the physicians at the Children's Hospital allowed her to see how they impacted not only individual patients, but also their families, which further strengthened her motivation.

Dr. Kuo moved to southern California to attend Western University, College of Osteopathic Medicine. As a medical student, she continued to be passionate about wellness and brought yoga and meditation classes to the students and community, as well as supported and participated in weekly runs, road races, and triathlons for Western.

She decided to focus on family medicine because of her interest in preventative care, and the ability to treat entire families; prenatal care, pediatrics, women's and men's health, and geriatrics, because the health of an individual always involves the whole family. She completed her family medicine residency at White Memorial Medical



Center, choosing this program because of their commitment to the under-served community of East Los Angeles. During medical school and residency, she also volunteered at free health fairs, clinics, homeless shelters, and participated in medical missions to Ecuador and Peru.

Dr. Kuo is grateful to be a physician and finds that being trusted with supporting her patients' health and well-being is an honor. She believes in the human body's inherent ability to heal and utilizes both evidence-based integrative and conventional medicine to maximize this capacity.

Dr. Kuo is an expert in dementia and has helped many clients improve their cognition dramatically.

Outside of work, she enjoys spending time with her husband, family and friends, trying new vegetarian recipes and restaurants, yoga, running, exploring Los Angeles, and tries to follow the same advice she gives her patients to maintain a healthy and balanced lifestyle.

Kellie Kell, RN MSN FNP

Kellie Kell, RN MSN FNP is a Board Certified Family Nurse Practitioner, who is currently becoming certified with The Institute of Functional Medicine. She grew up in this local area, attending local schools and is proud to be providing optimal health care directly to her community.

Kellie attended USF for her Bachelor's in Nursing and went on to have a successful career as an ER/Trauma nurse at Stanford University. She knew she had much more to develop in her career path and decided to pursue her Master's Degree/Nurse Practitioner at USCF, specializing in family medicine. As an NP, she has been in a variety of settings including urgent care, women's health, internal medicine and the emergency room.

As her career has progressed, her passion for health has evolved into integrating and blending traditional medicine principles with an integrated Functional Medicine model, which is an individualized, science-based approach in which patients and practitioners work together to determine how and why illness occurs and restoring health by addressing the root cause of disease, not just "putting band-aids on symptoms." She believes this is the true path to health and wellness and



has helped many people achieve this. She embodies and practices many of the same principles that she suggests for her patients.

Outside of work, Kellie keeps busy working in the ER at USC VHH, being a mother to her two children, and enjoys hiking and other outdoor activities.