

## What is the Penn Memory Center?

The Penn Memory Center (PMC) is a comprehensive Penn Medicine resource for older adults seeking evaluation, diagnosis, treatment, and research related to progressive memory loss, and associated changes in thinking, communication and personality.



We are a comprehensive Penn Medicine resource for those seeking evaluation, treatment, and research for progressive memory loss and related problems . . . and those who love them.

## About the care team

We are board certified, experienced physicians specializing in cognitive neurology, geriatric psychiatry, or geriatric medicine, and professionals from disciplines including neuropsychology, psychometrics, nursing, psychotherapy, social work and research management.

Together, we have many decades of experience helping those with Alzheimer's disease, mild cognitive impairment, and related problems — and those who love them.

## Elements of a new patient visit

A new patient visit is very comprehensive, and runs about 90 minutes.

A family member or close associate who knows the patient well and sees him or her regularly is strongly encouraged to attend. This person can provide vital input to a proper assessment of the patient.

The visit includes:

- **Cognitive testing**

We use “paper and pencil” tests, oral questions, sensory and other measures to assess memory, language, perception, and concentration.

- **A thorough exam and history**

The patient undergoes a neurological exam. The physician gathers information on the patient's history and current symptoms and problems from the patient him- or herself.

Ideally, as noted above, a family member or close associate of the patient will be present to meet with the physician separately, to offer additional information on the patient's history and current cognitive issues.

- **Preliminary Results**

The physician reviews preliminary findings of the visit with the patient and family, and explains any additional tests, such as brain imaging, that may be ordered at this time.

## Reaching a diagnosis

After your physician formulates an initial diagnosis, it is reviewed and discussed with his or her Penn Memory Center physician colleagues in a formal process to reach what is known as consensus diagnosis. This rich collaboration and sharing of expertise insures patients the highest degree of diagnostic accuracy and consistency.

## The diagnostic follow-up visit

Within several weeks of the new patient evaluation visit, a one-hour diagnostic follow-up visit is held.

At this time, the physician will review with the patient and family the results of all testing and other diagnostic measures. He or she will explain the diagnosis and how it was reached. He or she will also outline a treatment/care plan as needed, and answer patient and family questions.

In addition, dedicated members of our care team offer ample patient and family education and support at this visit. A take-home packet of information on the diagnosis and related topics, descriptions of research studies for which the patient is eligible, and other Penn Memory Center offerings is also reviewed.



We are a federally-designated Alzheimer's Disease Center: an ADC

Since 1991, the Penn Memory Center has been a National Institute on Aging-designated Alzheimer's Disease Center: an ADC. We are one of only 29 such sites in the nation, and the only site in our tri-state region.

ADC designation is earned by leading universities and medical institutions offering state-of-the-science diagnosis, treatment, research, and more for individuals with Alzheimer's disease (AD), mild cognitive impairment (MCI), or other age-related cognitive disorders.



ADCs advance science through partnerships

In the US, over five million people now have AD; every 70 seconds another person receives this diagnosis. One in 5 Americans over age seventy has some cognitive loss less severe than dementia.

A better understanding of these disorders is the key to finding effective treatments. ADCs like the Penn Memory Center advance that understanding by creating real research partnerships between investigators and dedicated research participants. Without such partnerships, there can be no progress.

Research is a chief mission of the Penn Memory Center; we offer the clinical trials you'd expect, and much more . . .

Beyond drug trials, the Penn Memory Center conducts and participates in a wide range of studies related to AD, MCI, brain aging, and life-long brain health, for persons with cognitive problems and those with normal cognition, including;

**One of the nation's most comprehensive brain-aging research efforts: NACC**

We contribute data from patients and normal controls who wish to participate to one of the National Institute on Aging's largest and longest-running brain-aging research studies: the National Alzheimer's Coordinating Center, known as NACC (pronounced "nack").

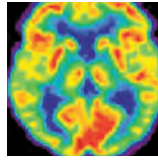


NACC collects, compiles, and analyzes on-going individual data on cognition, physiology, family history, and neuropathology from thousands of participants at the 29 NIA-funded ADCs in the US.

NACC data is free for use by scientists across the nation and the world. It is an invaluable resource for research into Alzheimer's disease, mild cognitive impairment, and life-long brain health.

**• Diagnostic studies**

We conduct studies of new ways to diagnose and understand AD and MCI earlier and better. This research employs innovative types of brain imaging, brain stimulation, or examination of blood and cerebrospinal fluid, to more precisely pinpoint changes in the brain that cause problems with memory and thinking.



**• Treatment studies**

We offer participation in investigational drug trials of potential disease-modifying treatments for Alzheimer's disease. These studies test the safety and effectiveness of experimental drugs or compounds, or explore the possible benefits of using approved medications in new ways.



**• Interview Studies**

The scope of this research ranges from a single session to multi-year efforts. Our interview studies examine areas of interest such as the relationship between early life stress and late-life cognition; how awareness of genetic risk factors for disease may affect quality of life, and various other topics.



**• Normal control research**

Studying individuals who remain cognitively well into their 70s, 80s, and beyond helps science better identify what goes wrong, and when, in the brains of those who develop Alzheimer's, MCI, or other age-related cognitive disorders. Research opportunities for those age 65+ who have normal memory and thinking are always available at the Penn Memory Center.



**Location and Parking**

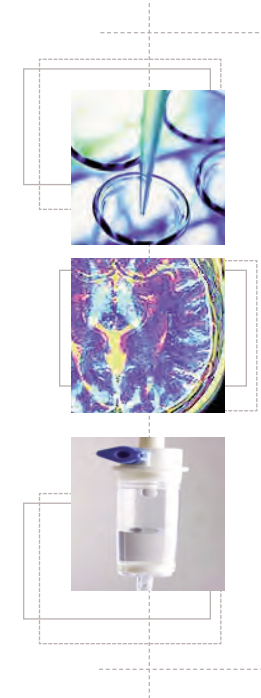
The Penn Memory Center is located within the Perelman Center for Advanced Medicine, adjacent to the Hospital of the University of Pennsylvania, easily reached by public transit and major roadways.

- You can print detailed directions and parking information from our website [www.pennadc.org](http://www.pennadc.org)

**Penn Memory Center**

Perelman Center for Advanced Medicine  
South Pavilion, 2nd Floor  
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Philadelphia, PA 19104

For appointments and information call  
**215-662-7810**



Overview of

Services  
and  
Research

of the  
**Penn  
Memory  
Center**