

# Bredesen Program Options (2019)

(See <https://www.ahnphhealth.com/> for details, or (800) 450-0805)

**Alzheimer's disease** is increasing into a worldwide epidemic, now affecting 1 in 10 people age 65, and 1 in 3 people age 85. Although some genetic factors (especially the ApoE4 variant) increase risk, this disease was virtually unknown in preindustrial times and is primarily associated with industrialized lifestyles.

**Dr Dale Bredesen** of UCLA has identified **6 different subtypes causing memory loss and cognitive decline** during many years of research. He has developed a computerized program called ReCODE ("Reversing Cognitive Decline"), to identify the important disease subtypes in each case, based on medical history and lab test data. He has identified customized treatment protocols for each of these subtypes, and has published studies showing prevention and reversal of milder cases. He is the author of the book "The End of Alzheimer's" (available on [www.Amazon.com](http://www.Amazon.com)), and is Chief Science Officer of AHNP Precision Health.

Dr Bredesen's company, AHNP Health (<https://www.ahnphhealth.com/>), has made the following **testing programs available** with computerized (ReCODE) subtype interpretation (to help guide treatment to be managed by a local trained provider of your choice):

## **ReCODE Program** (for minimal symptoms):

A single ReCODE Report to identify the sources of your cognitive decline, a step by step process to prevent or reverse these symptoms, initial laboratory testing (ordered through AHNP), and access to a Trained Practitioner Locator tool.

**Price: \$1399** to AHNP including initial laboratory testing ordered through AHNP with computer interpretation (not including local practitioner office fees or nutritional supplement costs).

## **ReVERSE Program** (for significant cognitive/memory symptoms):

A continuing subscription (minimum commitment 1 year) with more information, multiple ReCODE reports with **discounted lab testing (\$1,099** ordered through AHNP) and computerized interpretation, plus monthly Town Hall videos with Dr Bredesen to answer questions, Nutrition Guides, Blogs, free online access to "Brain-HQ" brain-training exercises, and enhanced Trained Practitioner directory including nutritionist and health-coaching referrals. (Dr Bredesen recommends lab re-testing every 6 months to monitor progress.)

**Price: \$75/month** to AHNP for at least 1 year (not including lab test costs or local practitioner office fees or nutritional supplement costs).

**NOTE:** *Assessment and treatment can be complex and too difficult for a cognitively-impaired person to comprehend and follow consistently. It is very important for a supportive person in the same household to be available for supervising meals, diet modifications, nutritional supplement schedules, and office & lab appointments. Active consistent participation and lifestyle changes are necessary to achieve change of function.*

## Pathway to start a ReCODE program:



(Summary by Dr WG Bradford, 2019)

# BrainHQ

ReCODE programs use the **BrainHQ exercises and assessments** as part of The Bredesen Protocol. BrainHQ is an **online** (and in-app mobile) platform that includes dozens of exercises targeted at specific cognitive skills. It has been developed, tested, refined and validated by a global team of hundreds of brain scientists.

## Getting Started with BrainHQ:

As a ReVERSE subscriber, you are automatically signed up by AHNP for a complimentary BrainHQ account. Click the "Launch BrainHQ" button to access your free BrainHQ account.

If you want to use the iOS or Android app, you will need to sign in manually using your BrainHQ login and password. That information will appear if you sign in with your device after using BrainHQ through the AHNP web portal. An automatic sign in button there for iOS and Android apps is anticipated in the near future.

Once you have launched BrainHQ, just click on the big yellow "Getting Started" button in the center of the screen. It will take you into an initial exercise, and you'll learn by doing. (If you already have an existing paid BrainHQ account, please contact AHNP to convert your account to a complimentary AHNP account.)

## Recommended Usage:

AHNP has set your training to begin with a suite of five visual training exercises. These are the types of exercises used in many studies on populations at risk for dementia. Dr Bredesen recommends training for 20-30 minutes per day, at least three days per week. Training for more days is better. You should pick a time of day when you usually feel most alert, and find a quiet place to train.

## Progress:

The exercises will quickly and continuously personalize to you, based on all prior responses. They are designed to push you just beyond your prior capabilities. You can track usage and progress through the "Progress" tab on the logged-in home screen. Sleep helps consolidate gains, so what seems hard today may seem easier tomorrow. Please explore and enjoy BrainHQ!

## BrainHQ Studies and Benefits:

More than 100 peer-reviewed studies show BrainHQ assessments and exercises drive significant improvements in older adults in standard and real world measures of:

- **Cognition** (processing speed, attention, memory, executive function)
- **Quality of Life** (mood, confidence, self-rated health, health-related quality of life)
- **Real World Activities** (movement, balance, driving, functional independence)

# RevitaMind® Digital Download

(\$98 from <https://www.activemindsglobal.com/downloads/revitamind-digital-download/>)

AHNP recommends the RevitaMind **sound recordings**, containing 6 special audio tracks to support improved cognitive function, mood and well-being, for senior citizens, post-natal mothers, illness recovery, sleeping problems, and for anyone wanting to feel more balanced.

You can transfer the downloaded recordings to an audio player like an iPod, smartphone or a dedicated MP3 player. Please create a separate playlist for each recording, so that you only listen to one recording in any listening session. (Do not listen to the recordings directly from your computer, because background programs can disrupt the pulsed tones.)

*NOTE: For best results, please use over-the-ear stereo headphones. Do not use headphones with active noise-cancelling function activated, which would mask the background entrainment tones. Do not use cheap earbuds (high quality earbuds are okay).*

# Neuroreader (MRI Interpretation)

(For radiologists and other providers)

Neuroreader is an FDA-cleared and CE-marked **Volumetric Brain Assessment Software**, available through AHNP, for evaluating the electronic data from an MRI brain scan. It can analyze 45 brain structures in 10 min. Each volume is compared to a healthy database correcting for age, sex and head size (or measured Total Intracranial Volume). Neuroreader provides 3 normative indexes that help inform where the patient is situated within the healthy population based on the volume of each of the 45 brain structures.

The **data input** need for Neuroreader is a structural 3D T1-weighted volumetric sequence (either SPGR or MPRAGE), preferably on a **3T MRI scanner** (a 1.5T scanner is also acceptable but not preferred), with 1 mm slice thickness and no slice spacing. Neuroreader is independent of the scanner-manufacturer. For more radiology details about the scanning protocol from AHNP, please click [here](#).

Neuroreader can be accessed through a website where the anonymized MRI data of the patient can be uploaded to the Neuroreader server (or sent on a CD). The server is based on a HIPAA-compliant datacenter in Minneapolis. The data can be analyzed in few clicks. The results are presented in the form of a pdf Neuroreader Report. An example of that report can be seen [here](#).

AHNP offers 2 different price models to providers:

1. Pay per analysis, prepaid startup fee \$1,000; per analysis \$85
2. Pay per analysis, prepaid bundles of analyses (no startup fee)
  - a. 25 analyses - \$2,225
  - b. 100 analyses - \$7,500 (*break-even volume*)
  - c. 1,000 analyses - \$50,000

Scientific publications relating to Neuroreader are available [here](#). Providers interested in getting an account can fill in and submit the "how-to-get-started" form [here](#).

**Reimbursement:** CPT code 76377: 3D volumetric image post-processing