

BREDESEN PROTOCOL®

PRESENTED BY:

SUZANNE GAZDA M.D.
INTEGRATIVE NEUROLOGY

What is the Bredesen Protocol?

The Bredesen Protocol is a comprehensive lifestyle and nutritional approach designed to reverse the cognitive decline of Alzheimer's and related disorders, and prevent Alzheimer's for those at risk.

What are the benefits of the Bredesen Protocol?

While results may vary from client to client, many have enjoyed the following benefits:

- Clearer & more precise memory
- Improved planning & problem solving
- Increased daily energy level
- Return to normal daily activities
- No longer feeling disoriented
- No longer struggle with right words
- No longer struggle with right names
- More confident in decision making

Personalized Care:

Suzanne Gazda M.D. Integrative Neurology will build a personalized program to address the root causes of illness for each client. Advanced lab work will take into account gut health, hormonal balance, environmental exposure, and infectious triggers that will create the foundation for a program to meet your individual needs.

What treatments are part of the Bredesen Protocol method?

- Dietary modification
- Fasting Intervals
- Supplements
- Sleep Hygiene
- Exercise
- Detoxification
- Stress Management
- Brain Training



PRE-VISIT CONFERENCE CALL

- Collect Brief History of Chief Complaint
- Collect Medical Records & Health Insurance Information
- Schedule initial visit with Dr. Gazda & Health Coach
- Questionnaire link will be sent



INITIAL VISIT WITH DR. GAZDA

- Complete questionnaire prior to visit (2 hours to complete)
- Comprehensive medical review of your condition, diagnostic tests, treatment program
- Any further tests will be ordered at this time



AFTER LAB STUDIES

FOLLOW-UP WITH DR. GAZDA

- Discuss all lab results
- Dr. Gazda will provide well-designed treatment program
- Discuss supplementation recommendations; this is a VITAL component of the treatment program



LAB TESTING

- Bredesen compliant labs, evaluates up to 150 different factors that may be contributing to your condition
- In some cases, portions of the lab work-up may be covered by your insurance. All associated costs will be reviewed with you
- From this data, Dr. Gazda will determine a personalized plan



INITIAL VISIT WITH HEALTH COACH

- Comprehensive food treatment plan
- Stress Management techniques
- Sleep Hygiene
- Coordination of other treatment components
 - Supplements
 - Detox
 - Brain Training



FOLLOW-UP VISITS WITH DR. GAZDA

- Assess progress on program at 30 days, 3 months, 6 months then 12 months
- Make any necessary tweaks



FOLLOW-UP VISITS WITH HEALTH COACH

- 6 visits to be scheduled as needed
- Assess progress and provide support & accountability to treatment program

Dr. Gazda's mission is to serve her patients and humanity. All of the staff at Suzanne Gazda M.D Integrative Neurology welcomes you to be part of this remarkable healing journey. We're here to help, to heal, and to give you hope.

As Dr. Gazda says, *Without hope...none of us could survive.*

Please ask us about a complimentary copy of Dr. Dale Bredesen's **The End of Alzheimers.**

For more information, contact us at 210.853-3967