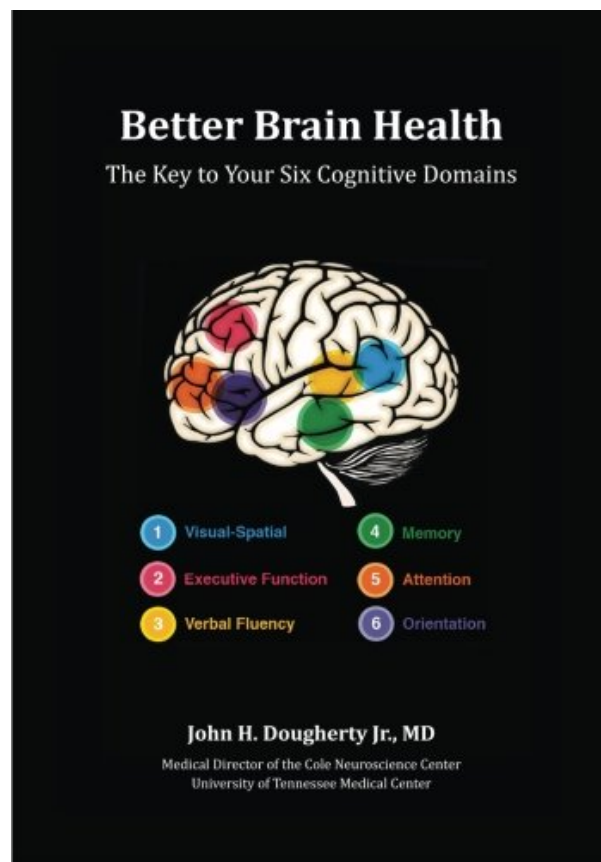


# **BETTER BRAIN HEALTH: THE KEY TO YOUR SIX COGNITIVE DOMAINS BY MD, JOHN H. DOUGHERTY JR**



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# Better Brain Health

The Key to Your Six Cognitive Domains



- |                      |               |
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| 1 Visual-Spatial     | 4 Memory      |
| 2 Executive Function | 5 Attention   |
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**John H. Dougherty Jr., MD**

Medical Director of the Cole Neuroscience Center  
University of Tennessee Medical Center

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## About the Author

John H. Dougherty, Jr., MD, is a recognized leader in the evaluation, treatment and management of patients with memory loss. He has spent more than 25 years in neurology, with a focus on Alzheimer's disease and dementia. In 2002, he developed the first online test for physicians to screen patients for symptoms of Alzheimer's and other forms of dementia. Recently, he introduced the COGselftest, an exciting new version of this online assessment—for the general public. In 2004, he co-founded Medical Interactive Education (Medinteract), a health education organization that provides the latest research and information about brain wellness. Dr. Dougherty is the Medical Director of the Cole Neuroscience Center (Memory Disorder Program) at the University of Tennessee Medical Center in Knoxville. He has extensive clinical experience and has held varied leadership roles in the medical field. Dr. Dougherty has served as Co-director of the Brain and Spine Institute at the UT Medical Center and today is an Assistant Professor of Medicine in neurology at UT. Over the past decade he has published numerous articles on dementia and Alzheimer's disease. Dr. Dougherty and his associates see more than 3,000 patients with cognitive impairment annually and are involved in multiple clinical trials. Dr. Dougherty earned his undergraduate degree at the University of North Carolina and his medical degree from the University of Tennessee Medical School in Memphis. He trained in neurology at Cornell University New York Hospital and completed a two-year fellowship at Cornell in cerebrovascular disease.

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Do you know that there are six cognitive domains and each one needs care and nurturing? Better Brain Health helps individuals to understand the brain's six cognitive domains and the difference between normal aging and dementia. It is focused on providing information about how our brain works and what happens as our brain ages. Learn the best ways to strengthen and manage your overall brain health and the impact lifestyle choices and changes make. This book is a result of years of experience in the neurology clinic, evaluating and following over 3500 patients with dementia.

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