

Brain Health Tips

- Stay active and exercise.
A healthy heart=A healthy brain



- Following a Mediterranean diet: fish, vegetables, fruit, nuts and olive oil. All contribute to good brain health!



- Drink plenty of water every day.
- Challenge your brain every day. Crossword puzzles, sudoku, take up new hobbies, read books.
- Stay sociable and engaged with your family, friends and local community.



OUR TEAM

Dr. J. Braun

Dr. W. Xi

Dr. R. Daskalopoulos

BSO Nurse

Pharmacists

Social Workers

Occupational Therapist

If you have any questions or would like further information, please contact:

MINT Memory Clinic
(905) 885.2626 x 264



*Timely diagnosis,
treatment and support for persons
with memory concerns*



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 **Ontario**
Central East Local Health
Integration Network



COMMUNITY HEALTH CENTRES
OF NORTHUMBERLAND

Northumberland

Family Health Team

Alzheimer Society

PETERBOROUGH, KAWARTHA LAKES, NORTHUMBERLAND & HALIBURTON

What is the MINT Memory Clinic?

MINT Memory Clinics are multispeciality, interprofessional teams of family doctors, nurses, social workers, pharmacists, and others who are specially trained to support individuals experiencing memory difficulties. The team provides assessment, early diagnosis and ongoing support in a primary care setting.

The team members work with your family physician or nurse practitioner to provide comprehensive care for conditions involving memory loss. For many of these conditions, early diagnosis and treatment can help to maintain and support cognitive health and quality of life.

This model of care was developed by Dr. Linda Lee, a family physician based in Kitchener, Ontario. Dr. Lee and her team have assisted hundreds of primary care practices in Ontario to establish MINT Memory



What can I expect?

In the Memory Clinic, you and your family members will meet with a team of health care professionals for a comprehensive assessment. This information can provide you and your family doctor or nurse practitioner with a better understanding of your cognitive health, and recommend steps you and your family can take to support you.

Each appointment takes approximately 2.5 hours. It's best not to book other appointments on this day. We encourage you to bring along a family member, or someone who knows you well, to help ensure a thorough assessment and a thoughtful, coordinated plan of care.

Before your appointment, the Memory Clinic team will send you a package with detailed information that will help you prepare for your appointment. A team member will call you the week before your appointment to confirm and answer any questions you may have.

On the day of your appointment, you can expect:

- a thorough assessment and recommendations, including tests that may be required, available treatments, driving safety, caregiver needs and community support
- a comprehensive, individualized treatment plan to help your family doctor provide you with the best care

How do I get an appointment?

If you would like an assessment by the Memory Clinic please ask your family physician for a referral. You will be contacted directly by the team with an appointment.

