



***The Passport  
To A Sharper Brain***

**Name:** \_\_\_\_\_

**Start Date:** \_\_\_\_\_

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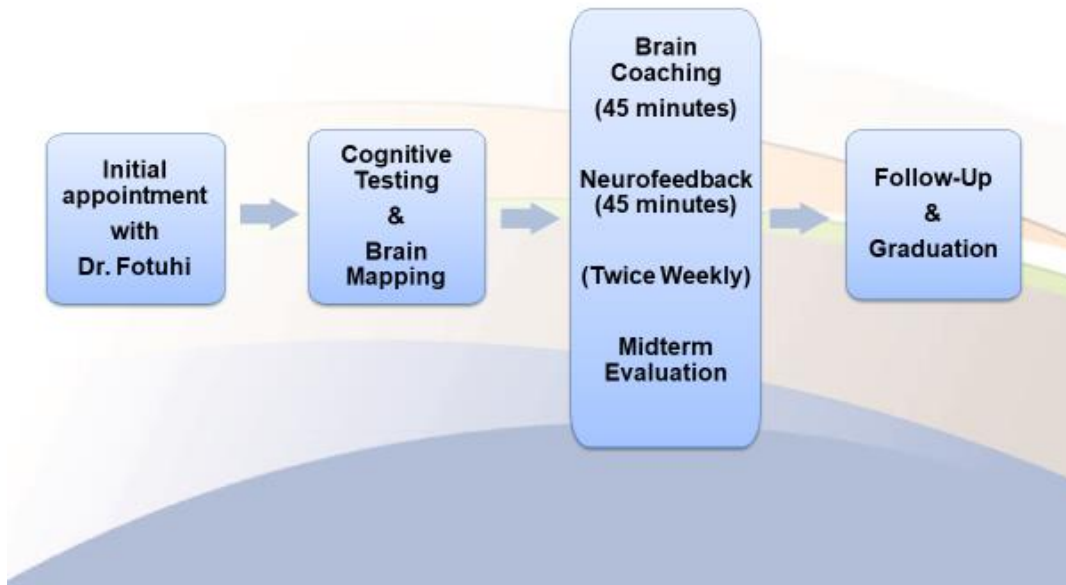
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# Introduction

**Congratulations on your decision to start this 12-week program!**

**Welcome Aboard!** We are thrilled to have the opportunity to work with you as you begin to boost your brain capacity and performance, both in the short-term and in the long-term. Here is the outline of your program for the next 12 weeks:

## Twice Weekly Brain Training for 12 Weeks



### Patient-Provider Agreement

- I agree to be honest in reporting my compliance with taking the medications that Dr. Fotuhi prescribes for me.
- I will take my medications, only as prescribed. I will not share them with others.
- I will immediately inform Dr. Fotuhi if I receive controlled substances (such as Adderall) from other providers.

Your Signature:

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Date:

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# Your Goals & Your Pledge

My goals for enrolling in this Program are:

- 1.
- 2.
- 3.

I pledge to take this program seriously and to do my best to boost my brain performance in the next 12 weeks: I promise:

- I will do my best to work with you and your team to reach my goals.
- I will do my best to improve my lifestyle choices including my diet, physical fitness, and sleeping habits.
- I will follow the program schedule and complete my homework assignments on time.
- I will always show up on time for all my appointment.

I understand that if I miss three appointments (without advanced notice), or if I routinely show up late for my appointments, my program may be paused - until I meet with Dr. Fotuhi.

Your Signature:

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Date:

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# Your Brain Training Protocols

Given the combination of your symptoms and the results of your tests, I recommend that you receive the following brain training interventions:

- Work with your brain coach and perform brain exercises that stimulate your:
  - Memory
  - Processing Speed
  - Attention/focus
  - Executive function
  - Memorize a list of 100 items, forward and backward
  - Memorize a deck of cards or \_\_\_\_\_
  
- Work with your brain coach to improve your:
  - Time management
  - Stress reduction – meditation skills
  - Sleep
  - Exercise plan
  - Diet
  - Other \_\_\_\_\_
  
- Receive neurofeedback brain training to
  - Standard z-score brain training protocol
  - Another protocol: \_\_\_\_\_

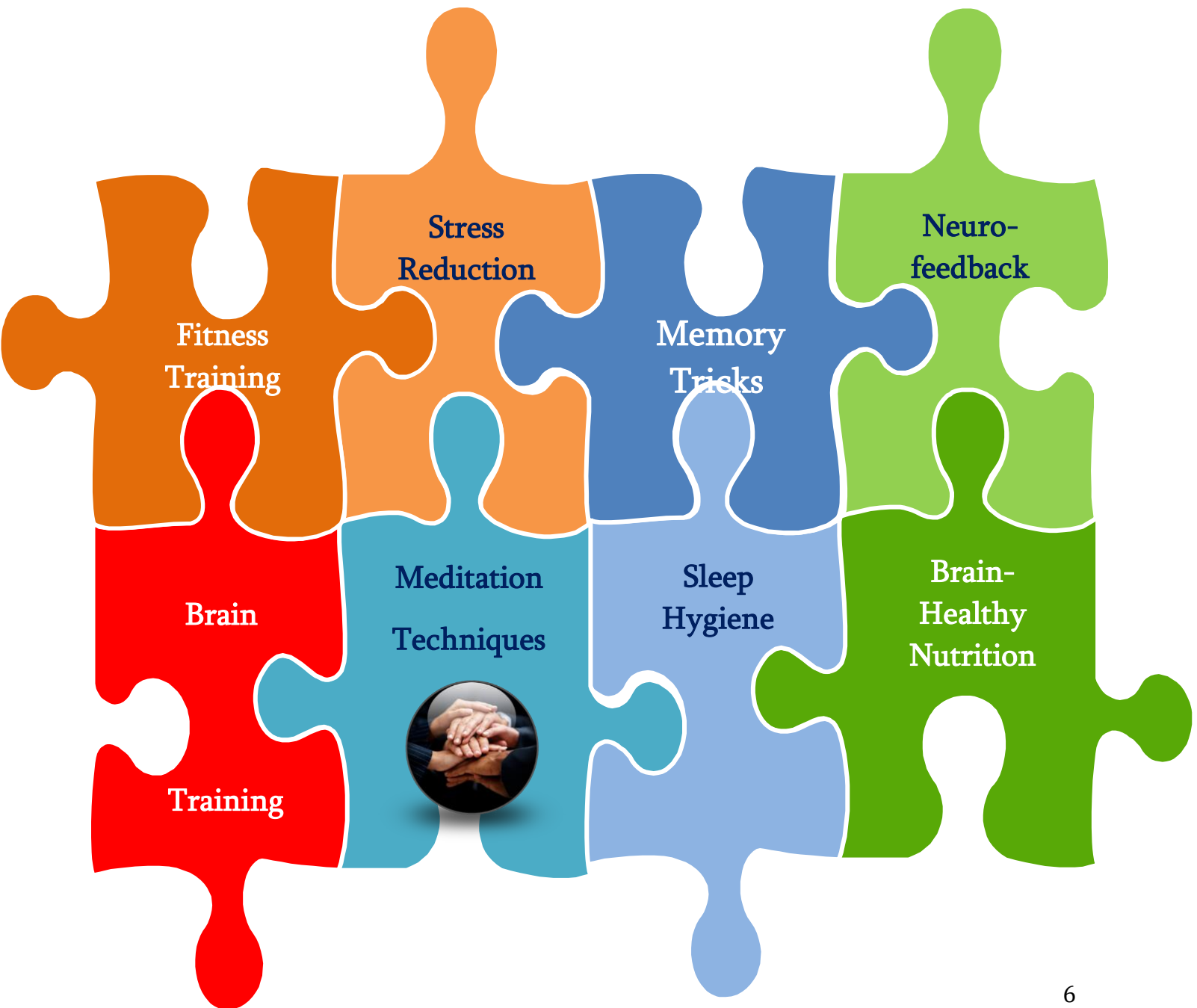
Please do not hesitate to contact me at any time with any questions or concerns you may have. I want to make sure you will have excellent results with our program.

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**Majid Fotuhi, MD PhD**

# Brain Fitness Program

We have put together an exciting and comprehensive program to help you improve your brain performance and achieve your goals.



# qEEG Brain Mapping

## What is a qEEG?



Also known as a brain mapping, qEEG is the abbreviation for quantitative encephalogram. A qEEG is a non-invasive procedure that lasts about one hour and includes placing a cap containing 21 EEG sensors. The 19 EEG sensors on the scalp detect and record your brain waves much the same way EKG electrodes monitor the electrical activity of your heart. Your test results are then converted into color images of your brain activity; this “brain map” shows comparison of you EEGs to others from a large population database.

## What happens during a brain mapping (qEEG)?

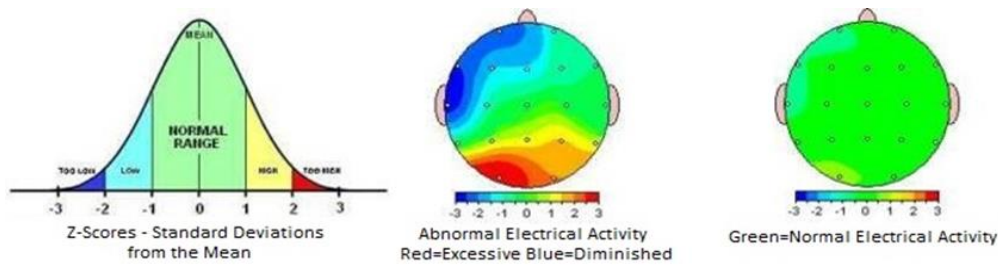


First, we will clean your forehead and ear lobes to remove oil or make-up. Then, a special cap made of stretchy material (similar to a swim cap) with electrodes stitched into specific locations will be placed on your head; we will then fill each electrode with a conductive gel. Reference ear clips will be placed on your ear lobes with a sticky paste. The cap is connected to the EEG equipment through a set of wires and your brain waves will be visible on the computer screen in front of you.

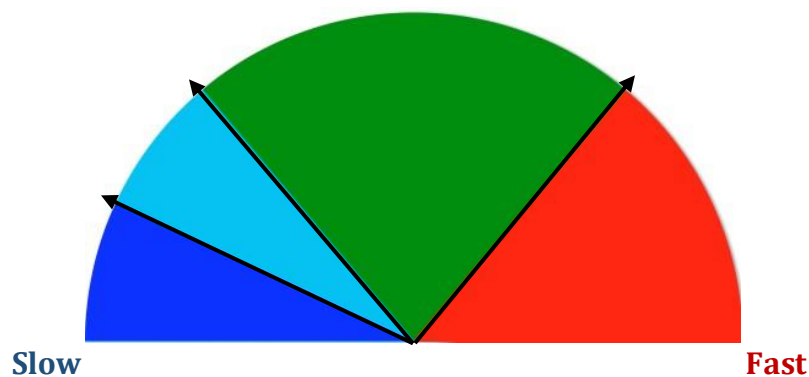
The test itself has two parts. We will record your brain waves with your eyes open for approximately 5 minutes, and with your eyes closed for approximately 5 minutes. We will ask you to sit still and relax— avoid excessive swallowing, repetitive movements and minimize any form of muscle tension as much as possible. The session will run for a total of around 30 – 45 minutes.

## What do these brain wave pattern mean?

The results of your qEEG are analyzed to create a multi-color brain map which Dr. Fotuhi will review with you during your follow-up appointment. This data is used for tailoring your personalized neurofeedback protocol.



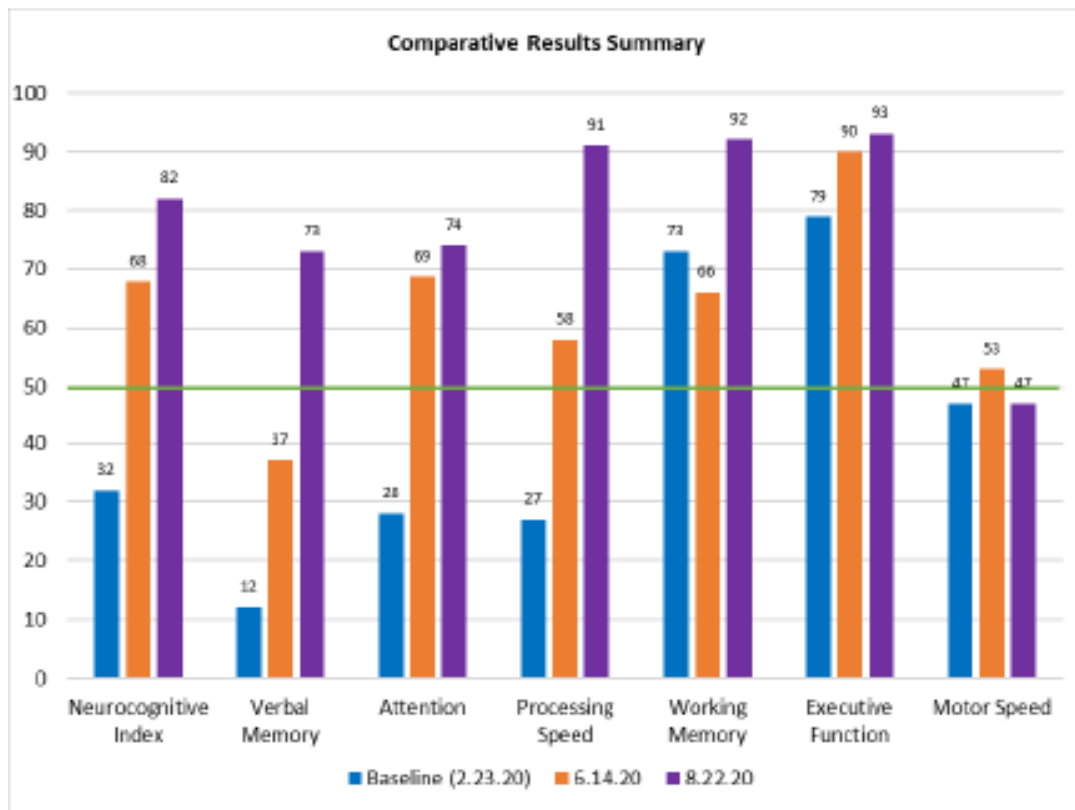
Different neurological or psychiatric conditions often produce a signature pattern of electrical activity in the brain. However, the qEEG brain mapping results cannot be used for making a specific clinical diagnosis. In general, slower electrical activity in the brain (blue color in brain maps) is associated with poor memory, sad mood, fatigue, sleep apnea, inattentiveness, and low motivation. Above average levels of electrical activity in the brain (shown with yellow and red color) is generally associated with stress, anxiety, ADHD, insomnia, and OCD.





# Neurocognitive Evaluations

Our neurocognitive evaluation, an assessment of how your brain functions, involves a set of questionnaires and standardized tests. The tests are usually computer-based games that take about one hour to complete. They are standardized, which means that they are given in the same manner to all patients and scored in a similar manner time after time.



# Brain Coaching Sessions

## What You Can Expect from Your Brain Coach

Your brain coach will help you reach your goals for optimizing your brain functions, such as improving your attention, concentration, and time management. We will also help you improve your diet, exercise, sleep, and stress management.

Your brain coach will encourage you to challenge your brain. We will use fun brain games to stimulate different parts of your brain which need improvement. We may also show you how to memorize a list of 100 words or the sequence of cards in deck of cards. The more your brain gets challenged, the stronger it will get. So your brain coach may also give you some “brain-game” homework to do at home.

Your brain coach will also help you to become calmer (by teaching you how to meditate), better organize your life, and/or better manage your time. Think of brain coaches as a resource you can use to improve your lifestyle choices, your daily routine, and your satisfaction with life.

Please keep in mind that your brain coach is not a counselor, therapist, or psychologist. If you do have significant anxiety, depression, suicidal thoughts, or other active mental health issues, you need to discuss them with a mental health specialist. Dr. Fotuhi will discuss these issues with you, and if needed, they will refer you to a mental health specialist near you.

# Neurofeedback

## What is neurofeedback?

Neurofeedback is a medication-free, non-invasive method of improving your brain performance by engaging your brain's reward system, also called operant conditioning. You will receive a personalized neurofeedback protocol based on your symptoms and brain mapping (qEEG) results.

## What happens during a neurofeedback session?



Our neurofeedback sessions last approximately one hour. During your session, you will be seated in front of a television screen, and a neurofeedback technician will attach sensors to specific locations on your scalp (with a sticky paste). You may

choose to watch any program we have available on Netflix, although it is best to choose something which will not make you too upset or stressed, as these emotions can affect your session. When your session begins a dimmer will be placed over your screen.

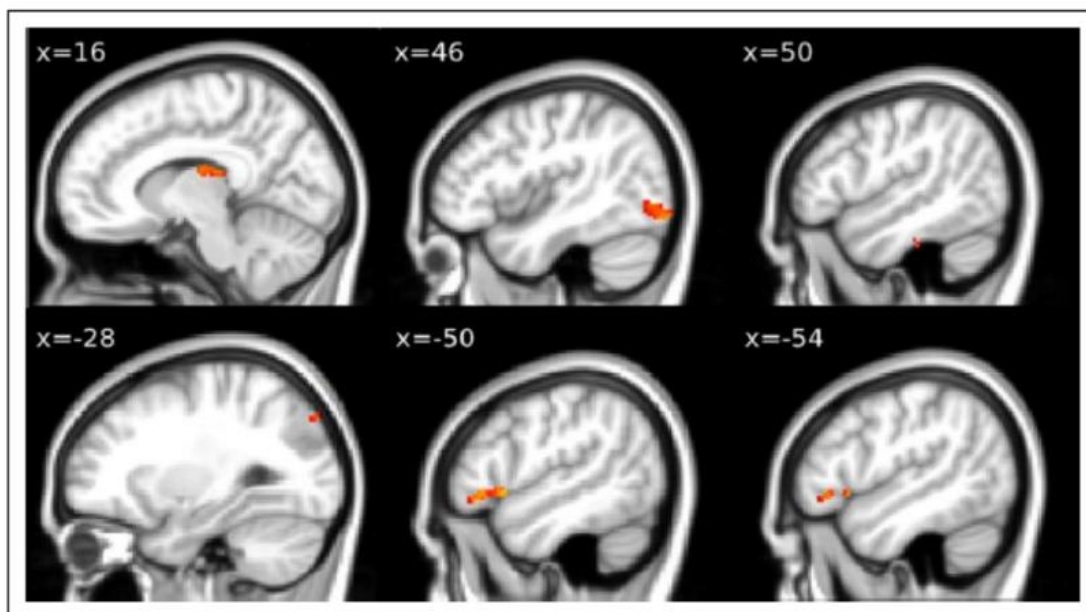
The dimmer responds to the information coming from your brain via the sensors on your scalp (by making the screen darker and brighter). When you are able to keep your brainwaves at a certain level, the dimmer will brighten the screen as a reward. Similarly, when you either go too far above or too far below that level, the screen will fade. This is

called operant conditioning, and we use it to make your brain function in a more optimal way.

Neurofeedback requires very little active involvement on your part; we simply ask you to sit calmly and quietly, staying as still as you can, while focusing on your screen. After your session ends, the technician will remove the electrodes and clean any residue that may remain on your scalp.

### Does neurofeedback really work to change your brain?

Hundreds of studies have shown clinically significant improvements in patients with ADD/ADHD, memory loss, anxiety, insomnia, dizziness, vertigo, migraine, and depression within 3 or more months of treatment. Research has demonstrated that neurofeedback treatment can result in growth within areas of the brain important for focus, executive function, and memory. Even patients with no cognitive issues participate in neurofeedback sessions to boost their general cognitive functioning and peak brain performance.



Ghaziri et al. Clin EEG Neurosci 2013; 44 (4) 265-72

## Healthy Body, Healthy Mind



# Weekly Progress

## *Brain Fitness Score*

In this portion of your passport, you will track your weekly progress. Please rate **on a scale of 1-5**, with 1 being a personal worst and 5 being your personal best, how each of the following wellness categories were on average.



Your score will range from 10 to 50. Writing down things that worked, or did not work, will help you improve your brain health every week. Did you score a 1 this week for sleep quality? Think about what caused it and try to do better next week.

Remember that you should be sleeping 8 hours a day, exercise 45 minutes 4 times a week, eating 3 healthy meals a day, and taking your necessary brain vitamins daily.

## Brain Fitness Score

Brain coach session #

Date:

Exercise Level	_____
Diet Choices	_____
Portion Size	_____
DHA-EPA	_____
Calm and Relaxed	_____
Meditation	_____
Positive Attitude	_____
Good Sleep	_____
Organized	_____
Brain Exercise	_____

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**Total** \_\_\_\_\_

## Reflections/Notes:

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Your accomplishments since last week:

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Your plans and goals for next week:

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