

# Memory Clinic at Parkside Hospital



What happens when you  
visit a memory clinic?



parkside  
hospital

## When will I visit a memory clinic?

In most cases you will visit a memory clinic after being referred by your GP, however you can also self-refer. If you believe your memory isn't as sharp as before and you or your family are worried about this, you should discuss the matter with your GP. The memory clinic is open to adult patients from 18 years.

## What is a memory clinic?

The memory clinic is a specialist service providing an in depth look at cognitive function and how this is affecting you. The assessment and investigations can provide the reassurance of normal cognitive function, or a diagnosis allowing early treatment, individualised advice and recommendations.



## How will I be assessed at a memory clinic?

During your visit to the memory clinic, you will be seen by Consultant Psychiatrist and Clinical Lead for memory services **Dr Justin Sauer**. You will usually be with the Consultant for about 1 hour.

It is very helpful to bring someone along with you to your appointment, such as a family member or friend, as the doctor may also want to talk to them about any of your symptoms.

During this time, the consultant will:

- Discuss any current or past medical problems as well as any memory problems
- Conduct tests across a number of cognitive domains to assess your memory and thinking process.

Please bring your spectacles or hearing aid if you use them. Please also bring a list of your current medications and the details of a pace-maker if you have one.

Following your consultation, the doctor will decide which diagnostic tests are required (MRI or CT scan, blood and urine tests, ECG test). We will endeavour to complete all the diagnostic testing required on the same day following your appointment, so please be prepared for your memory clinic appointment to last for around **3 hours**.

At the end of your visit we will explain the findings and the cause for the memory change. Where there is a diagnosis, treatment can be commenced and follow up arrangements discussed. A copy of the details of your tests will also be sent to your GP.

For more details or to arrange an appointment, please call 020 8971 8026