

What is Neuropsychological Testing?

Neuropsychological testing and evaluations provide a means for quantifying cognitive function. In a manner similar to taking a picture of your brain (e.g., MRI, CT Scan) the neuropsychological examination takes a working picture with the outcome being numerical quantifications.

Neuropsychological evaluations are a common means of assisting in diagnosis and treatment planning for individuals suffering with difficulties such as memory problems, attentional deficits, dementia, learning difficulties, chronic pain, seizure disorder, depression, and anxiety. Most evaluations include assessment of the following cognitive domains:

- Attention and concentration
- Perceptual and spatial abilities
- Memory and learning
- Sensory Perceptual and Motor skills
- Language
- Reasoning, problem-solving, and judgment
- Emotion and Personality
- Malingering

What is Dementia and can Neuropsychological Testing assess my memory as well as other thinking difficulties?

Dementia is a fancy term used to describe memory and other thinking difficulties. Thinking problems most often associated with dementia include memory, language, visual spatial functions, motor behavior, and reasoning. There are many different types of dementia, one of them being Alzheimer's Dementia which is an irreversible dementia characterized by progressive memory loss. Other types of dementia, however, are reversible and include dementia caused by depression and/or anxiety. Once the depression and/or anxiety is treated, memory improves meaning the dementia is reversed.

Neuropsychological evaluation is a means to assist with diagnosis so proper treatment planning can occur. The sooner memory difficulties are detected, the sooner treatment can begin. Early treatment is the key to retaining memory and other cognitive skills. Other conditions that can contribute to memory problems include:

- Depression
- Anxiety
- Alzheimer's disease
- Vascular dementia

- Lewy body disease
- Parkinson's disease
- Progressive supranuclear palsy
- Pick's Disease
- Huntington's disease
- Frontotemporal dementia
- Progressive nonfluent aphasia
- Semantic dementia
- Corticobasal degeneration