

# Appendix B: The One Important Sheet of Paper

Throughout this book, I highlight some tests that you should ask about at your next routine physical exam. You may have been jotting them down on a sheet of paper to take with you. If you haven't, don't worry, I've got your back. You can make a copy of this page, snap a picture on your phone, or download a PDF of it at [www.drmarcmilstein.com/ageproofbrain](http://www.drmarcmilstein.com/ageproofbrain).

- **Lipid profile or lipid panel:** This blood test will measure your HDL, LDL, and total cholesterol levels. As discussed in chapter three, it's important to keep cholesterol within healthy levels (which vary depending on your age, sex, and medical history).
- **Homocysteine test:** This blood test will determine homocysteine levels, another important factor in protecting your cardiovascular system, as covered in chapter three. Healthy levels are usually between 5 and 15 micromoles per liter.
- **Hemoglobin A1C blood test (or glucose tolerance or fasting blood sugar test):** This test will determine whether you have prediabetes or type 2 diabetes, as we discussed in chapter seven.
- **C-reactive protein (CRP) test:** This blood test measures levels of inflammation. An elevated CRP has been linked to an increased risk of dementia, as covered in chapter eight.
- **Vitamins and nutrients:** Vitamin D, Vitamin B-12 and folate, as covered in chapter fourteen.