

RECODE COGNITIVE ASSESSMENTS

Assessment links will provide additional information about each assessment(s), instructions on how to access, and details on who can administer, etc. To access the content, will need an active ReCODE or PreCODE subscription.

- [SLU Mental Status \(SLUMS\)](#) or [Montreal Cognitive Assessment \(MoCA\)](#): One of these two assessments will be administered at baseline and every six months thereafter.
- [The Alzheimer's Questionnaire \(AQ-21\)](#) This will be administered at baseline and every six months.
- [CNS Vital Signs](#) This will be taken at baseline and every month thereafter.

BASELINE RECODE LAB PANEL (REQUIRED TESTING)

There are three standard ReCODE Lab Panels. Based upon abnormal lab values and/or the clinical presentation, additional labs can be ordered at any time, per the practitioner's discretion. Due to the rare event in which some labs may be omitted from the included ReCODE panel due to vendor constraints, a discount will be applied to the final lab price in the event of an omission. Below is the Full ReCODE Lab Panel.

- ApoE4 status
- Glutathione (Currently unavailable)
- Homocysteine
- Hemoglobin A1c, Fasting Insulin
- Lipid Panel: Total Cholesterol, HDL, Triglycerides, LDL, Cholesterol/HDL Ratio, Non-HDL Cholesterol
- Complete Metabolic Panel: Albumin, A/G Ratio, ALT, AST, BUN/Creatinine Ratio, Calcium, Creatinine, Globulin, Glucose, Potassium
- Complete Blood Count (CBC)
- Hs-CRP (high sensitivity C-reactive protein)
- Hormone status: Estradiol, DHEA-S, Total Testosterone, Free T3, Reverse T3, Free T4, TSH, Progesterone, Cortisol (AM)
- Vitamin D Serum (25-hydroxy cholecalciferol)
- Vitamin B12, Folate
- Vitamin E
- Heavy Metals Panel: (Hg, Pb, As)
- Serum Zinc and Serum Copper (Total)
- Ferritin
- RBC Mg
- MMP-9

SIX MONTH RECODE LAB PANEL (REQUIRED TESTING)

Below is the Six Month ReCODE panel, this is a partial panel that will be run at the six-month point and annually thereafter in between full laboratory panels.

- Homocysteine
- Hemoglobin A1c
- Fasting Insulin
- Lipid Panel: Total Cholesterol, HDL, Triglycerides, LDL-Cholesterol (calculated), Cholesterol/HDL Ratio (calculated), Non-HDL Cholesterol (calculated)
- Complete Metabolic Panel: Albumin, A/G Ratio, ALT, AST, BUN/Creatinine Ratio, Calcium, Creatinine, Globulin, Glucose, Potassium
- Complete Blood Count: White Blood Cell and Platelet
- Hs-CRP (high sensitivity C-reactive protein)
- Hormone status: TSH
- Vitamin D Serum (25-hydroxy cholecalciferol)
- Ferritin

Follow-up tests can be ordered if any of the above show abnormal values, in order to determine the underlying cause(s).

ANNUAL FOLLOW-UP RECODE LAB PANEL (REQUIRED TESTING)

Below is the same as the Baseline ReCODE Laboratory Panel minus ApoE4 status. It will be run a year after the baseline ReCODE panel.

- Glutathione (Currently unavailable)
- Homocysteine
- Hemoglobin A1c
- Fasting Insulin
- Lipid Panel: Total Cholesterol, HDL, Triglycerides, LDL, Cholesterol/HDL Ratio, Non-HDL Cholesterol
- Complete Metabolic Panel: Albumin, A/G Ratio, ALT, AST, BUN/Creatinine Ratio, Calcium, Creatinine, Globulin, Glucose, Potassium
- Complete Blood Count (CBC)
- Hs-CRP (high sensitivity C-reactive protein)
- Hormone status: Estradiol, DHEA-S, Total Testosterone, Free T3, Reverse T3, Free T4, TSH, Progesterone, Cortisol (AM)
- Vitamin D Serum (25-hydroxy cholecalciferol)
- Vitamin B12, Folate
- Vitamin E
- Heavy Metals Panel: (Hg, Pb, As)
- Serum Zinc and Serum Copper (Total)
- Ferritin
- RBC Mg
- MMP9

Follow-up tests can be ordered if any of the above show abnormal values, in order to determine the underlying cause(s).