How AI and Wearables Are Transforming Alzheimer's Care Transcript

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Introduction to the Summit Message

Hello and welcome to this special mini talk. This is part of the Reversing Alzheimer's Summit. I'm here with my co-host, Doctor Kristine Burke. And this is a special message for you if you are a doctor, if you are a practitioner, if you are involved in elder care in any way and you're inspired by the summit, in past summits, you could listen to the information and you could think it's interesting and you could follow your own path.

But uniquely at this summit, we are excited to share about True Neuro, which is the software that Doctor Burke and I have been working on here for the last year and a half, and the foundations have been built for longer than that.

True Neuro for Cognitive Decline Protocols

And it's really about how to make it easy for people and any kind of doctor to execute a protocol to reverse cognitive decline. So, Doctor Burke, you know, what are some of the, features that, you think are important to doctors and practitioners looking to replicate your success in the success of others who have consistently reverse Alzheimer's?

Thanks. I think that primarily on the practitioner side, one of the real really important pieces is the data organization and the data management. Because when you're doing this work, any type of complex chronic disease reversal, but particularly true with, cognitive decline, there are so many pieces to the puzzle and there are so many things that you need to be paying attention to, seemingly all at the same time.

Why Data Organization Matters in Practice

And then there's also the problem of the tracking over time and knowing that something was out of balance. But it wasn't the time to address that. Other things needed to happen before you could circle back around to it.

So having that kept in a place that will continue to, you know, basically ping you so that you know, that that's something that has not been corrected yet.

I find all of that to be incredibly useful. I also think that the way that we've designed the data organization, so that the biomarkers are presented to the clinician in the same way every time.

So that way you can see the patterns. Pattern recognition is really important in this work. And so we have our primary data organization which is looking at the patterns with the data presented in the same way.

And then we have an alternate way of viewing the data, where you can focus in on just the things that are significantly out of range or suboptimal. So both directions we can we can come at the biomarkers in that way.

Wearables, AI Coaching, and Patient Tracking

And then I think the other thing that's really practical is the patient side, not only the AI assisted coaching that helps to keep the patient on track in between visits, but also the really practitioner beneficial integration of wearable data so that you can get a snapshot of what's going on in your patient, in their rest, in their movement, in their mindfulness practices and in their food.

What they're doing with their food. And all of that can be organized in a way that you can see at a glance, or you can dig into it by the day, by the week, by the month, so that you can start to see the shifts and the patterns over time.

And when you meet with that patient, you know exactly what's been going on with them, what they have done well, what they need help with and how they can improve.

I think the number one thing that I hear when I hear you saying that is that this is going to make it easier and quicker. I think one of the things that so many practitioners feel is that when they come to functional medicine, they're doing a lot of unpaid work, right?

Trying to synthesize all of that data in one way. And it sounds like this may be, you know, may help them to save some of that time by bringing the data in together and be able to focus on the human experience.

Well, really, that was the genesis of this work. Initially, I started out with the organizational systems to help my own practice and help myself, frankly, to make it more efficient, to be able to do this work well.

And over time that, you know, morphed from one spreadsheet into two into three.

Built for Practitioner Efficiency and Training

And now, if you've heard me tell this story before, they were feeding each other and cross-pollinating databases, and it was really quite a complicated network, and but it was effective, and we could utilize all of that organizational structure to help us to stay on track and to make it easier to make clinical decisions about what the patient, what next steps we needed to do in the patient's care.

So it came from that need and desire for efficiency, and also that need and desire to be able to help new practitioners that were joining our center to be able to become proficient more quickly and to not feel as overwhelmed by the volume of data because it's held for them in one place where they can access it.

And that's been really useful info. So whether you are a doctor that is new to these ideas and you'd like to have a way to understand it, you could join us and you can join our educational curriculum.

Who Can Use True Neuro and Next Steps

You can start using it with friends and family, and you can start to build your AI, build your understanding of how chronic disease starts and develops.

If you are an existing clinic that would like to get up and running and using it in your patients and launch a reversal cognitive decline program, we have all of the tools that you'll need for that.

And if you are involved in anything larger in medicine, we've had already conversations with the head of dementia for certain states, large health organizations, because this is at the critical issue of our time.

And this conversation may be the thing that sparked something. So go to true Newcomb, get in touch with us. We look forward to hearing from you. Thanks so much for tuning in.

Hope this has been valuable. Enjoy the rest of the summit. This will give you the foundation for the methodology for some of the best in the business. Enjoy.