

Invest in Early Detection. Invest in Longevity. Invest in You.

***Memory Loss Is Not an Inevitable Part of Aging —
Early Detection and Prevention Are Possible.***

ARE YOU 45 OR OLDER?

Protect Your Brain. Preserve Your Independence.

For many adults, memory decline is one of the greatest fears of aging.

But what if you could identify your risk early — and take action before symptoms begin?

At Quantum HealthCare Services, we offer advanced Genetic Testing for Dementia Risk combined with the scientifically grounded PreCODE Prevention Program — a proactive approach to maintaining brain health.

Step 1: Understand Your Genetic Risk

Advanced genomic testing can evaluate risk factors associated with cognitive decline, including:

- APOE status (Alzheimer's risk gene)
- Inflammation-related genetic markers
- Detoxification pathways
- Cardiovascular risk genetics
- Insulin resistance susceptibility

Your genes are not your destiny — but they provide critical insight into prevention.

Step 2: Enroll in the PreCODE Brain Health Program

The PreCODE Program (developed from Dr. Dale Bredezen's research in cognitive decline) focuses on identifying and addressing the root causes of memory loss before it starts.

We evaluate and optimize:

- Blood sugar & insulin resistance
- Inflammation markers
- Hormone balance
- Nutrient deficiencies
- Sleep quality
- Cardiovascular health
- Toxin exposure
- Lifestyle factors impacting brain aging

This is not a medication-based approach. It is a personalized, comprehensive brain optimization strategy.

Why This Matters After Age 65

- 1 in 9 adults over 65 develops Alzheimer's disease
- Early intervention is far more effective than late treatment
- Brain changes begin years before symptoms appear
- Prevention is most powerful when started early

The goal is simple:

Maintain memory. Maintain clarity. Maintain independence.

Who Should Consider Brain Risk Testing?

- Adults 45 & older
- Adults 45 and older
- Family History
- Prior Head Trauma/Concussion
- Mild Memory Concerns
- Desire to stay mentally sharp
- Committed to prevention

Free Hume Body Pod a \$300 value with completed testing.

- Body fat percentage
- Muscle mass
- Skeletal mass
- Intracellular body water
- Extracellular body water
- Health Score

- Continuous physiological monitoring

Collects health data throughout the day and night, rather than relying on intermittent measurements.

- Metabolic and recovery-focused design

Emphasizes signals tied to stress, recovery, and energy regulation instead of exercise metrics alone.

- Advanced optical and sensor-based measurements

Uses onboard sensors to track changes in cardiovascular and autonomic nervous system activity.

- Designed for trend accuracy, not single readings

Optimized to detect meaningful changes over time rather than isolated daily fluctuations.

Take Control of Your Cognitive Future

Don't wait for noticeable decline.

**Proactive testing and targeted prevention
can make a difference.**

Schedule Your Brain Health Consultation Today

Quantum HealthCare Services

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