



Memory Changes Conversation Card™

Gather the details that can help make your healthcare conversation more useful.



Complete what you can and leave anything uncertain blank.
Specific examples are often more helpful than general descriptions.

1 What Have I Noticed?



- ☐ Forgetting words or names
- ☐ Repeating questions
- ☐ Losing or misplacing items
- ☐ Trouble concentrating
- ☐ Difficulty following steps
- ☐ Getting confused or disoriented

2 When Did It Begin?



Approximate date or time period: _____

Sudden or gradual? _____

How often does it happen? _____

Is it changing? _____

3 How Is Daily Life Affected?



- ☐ Work or responsibilities
- ☐ Driving or navigation
- ☐ Bills or appointments
- ☐ Medications
- ☐ Cooking or familiar tasks
- ☐ Relationships or conversations

Other: _____

4 What Was Happening Around It?



- ☐ Poor sleep
- ☐ High stress
- ☐ Mood changes
- ☐ Menopause symptoms
- ☐ Illness or pain
- ☐ Medication or supplement changes

Other: _____

5 Examples I Want to Share



1. _____
2. _____
3. _____

6 Questions I Want to Ask



1. _____
2. _____
3. _____



Helpful to Bring

Medication and supplement list • Brain Fog Pattern Tracker™
Relevant test results • A trusted person, if helpful



Gentle Reminder

This card cannot diagnose a memory concern. It helps organize what you want your healthcare provider to understand.



Martine's Midlife Wellness Tip

If someone close to you has noticed changes, ask what they observed and when. Their examples may add helpful context.



Seek urgent help for sudden confusion, trouble speaking, facial drooping, one-sided weakness, loss of balance or a severe new headache.