

CONCIERGE BRAIN HEALTH

AXiS NeuroWellness

at Neurological Associates of Long Island



Your Brain Deserves Exceptional Care

A comprehensive, proactive neurological evaluation — advanced neuroimaging, neurophysiology, and cognitive science, interpreted by a board-certified neurologist.

THE EXPERIENCE

Two Visits. A Lifetime of Clarity.

Your evaluation unfolds over two visits — scheduled on any days that work for you — thorough, unhurried, and focused entirely on you.

VISIT ONE

Assessment

COMPREHENSIVE TESTING

- ✓ MRI of the brain with 3D quantitative volumetric morphometry
- ✓ Diffusion Tensor Imaging (DTI) — white-matter tractography & glymphatics
- ✓ MR angiography of the head & neck
- ✓ Electroencephalogram (EEG) — brain-rhythm analysis
- ✓ NeuroCatch™ event-related potentials
- ✓ Comprehensive cognitive testing

VISIT TWO

Consultation

ONE HOUR WITH YOUR NEUROLOGIST

- ✓ Detailed review of all imaging and test results
- ✓ Cortical & subcortical volume interpretation
- ✓ Brain PAD score & glymphatic health discussion
- ✓ Brain Score Card with cognitive performance evaluation
- ✓ Personalized sleep, diet, exercise & vascular plan
- ✓ Genetic impact & family-history discussion

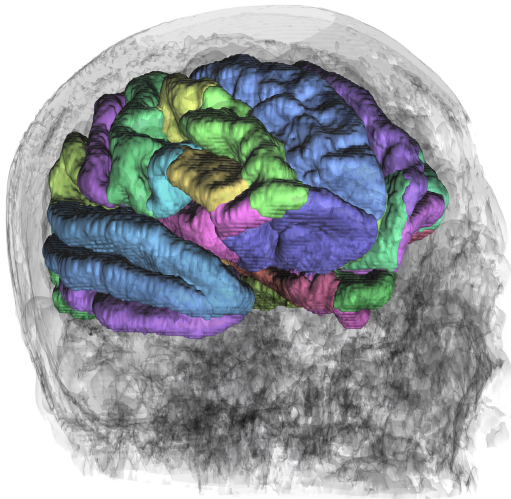
ONGOING CARE

Your baseline is just the beginning.

Your evaluation establishes a precise neurological baseline. Over the year that follows, two semi-annual follow-up consultations track changes, measure progress, and refine your wellness strategy — turning a single snapshot into a longitudinal picture of your brain health.

Seeing the Brain in Extraordinary Detail

State-of-the-art MRI, quantified. We measure structure and function with precision — not just pictures, but data.



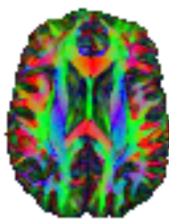
3D Quantitative Morphometry

Automated, quantitative measurement of cortical and subcortical brain structures — detecting subtle volume change long before it would ever produce a symptom.

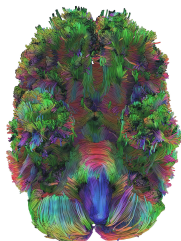
- ✓ Every region measured against age-matched healthy controls
- ✓ Z-scores and percentile rankings for each structure
- ✓ Interactive 3D models you can explore in your portal



FA grayscale



FA direction-encoded color



3D white-matter tractography

DTI & Glymphatic Analysis

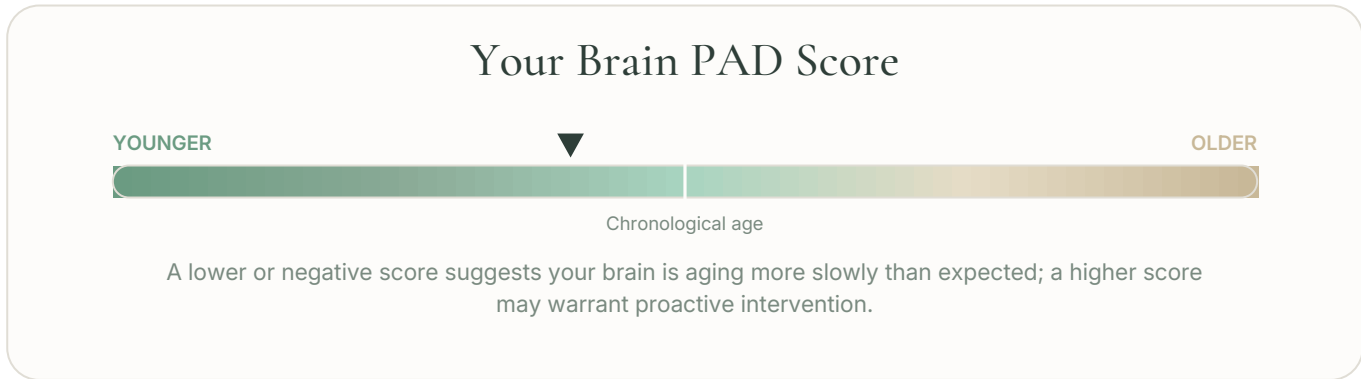
Diffusion tensor imaging maps the brain's white-matter pathways and measures its self-cleaning glymphatic system via the validated DTI-ALPS index — a window into how efficiently your brain clears metabolic waste during sleep.

- ✓ Derived from sequences already part of your evaluation — non-invasive
- ✓ ALPS index compared against peer-reviewed healthy-control cohorts
- ✓ Hemispheric analysis detects early, asymmetric change

What Is Your Brain Age?

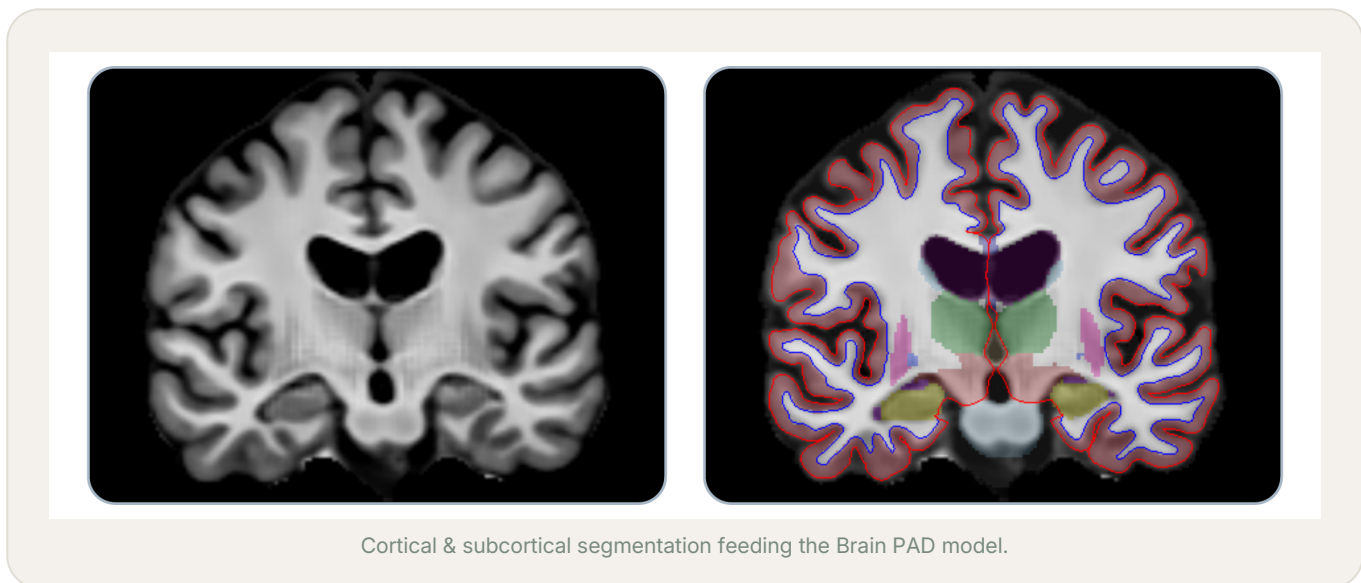
Your chronological age tells one story. Your brain may tell another.

Using advanced MRI morphometry and validated machine-learning models, we calculate your Brain PAD score — the Brain Predicted Age Difference. It compares your brain’s predicted age, derived from the volume and structure of your anatomy, against your actual age.



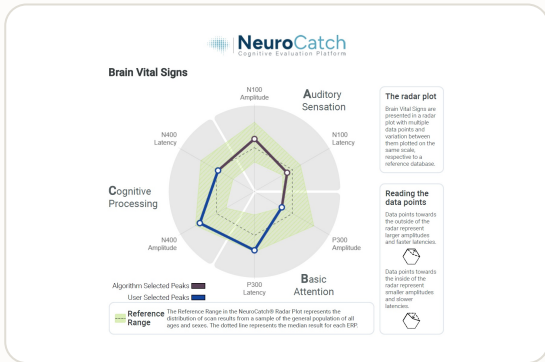
A complete picture

- ✓ Calculated from your 3D volumetric MRI
- ✓ Percentile ranking against published healthy-control cohorts
- ✓ Combined with glymphatic & morphometry data for biological brain age
- ✓ Clinically actionable — sleep, exercise, diet & vascular health all move it
- ✓ Tracked over time at every semi-annual follow-up



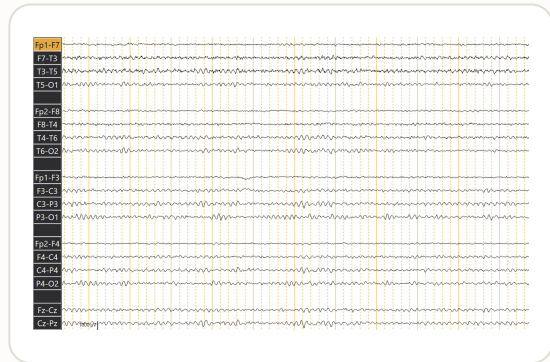
Measuring How Your Brain Performs

Beyond structure, we assess the brain at work — its rhythms, its responses, and its cognitive performance.



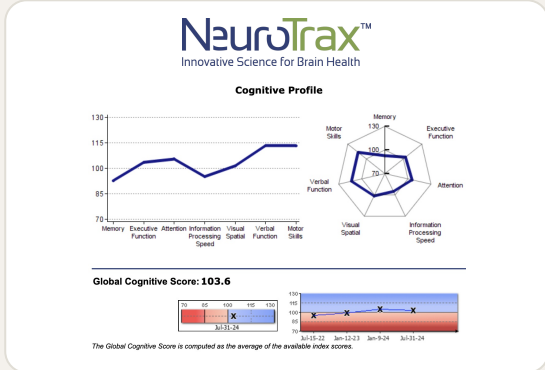
NeuroCatch™ ERP

Rapid, objective “brain vital signs” via event-related potentials — measuring auditory sensation, attention, and cognitive processing speed against a normative database.



Electroencephalography

Advanced EEG evaluates the brain’s electrical activity and background rhythms — signatures associated with cognitive change and overall neural health.



NeuroTrax™ Cognitive Testing

A validated computerized battery of memory, attention, executive function and processing speed.

OPTIONAL LABORATORY TESTING

Biomarkers, When Useful

Blood-based markers can add precision to your risk picture:

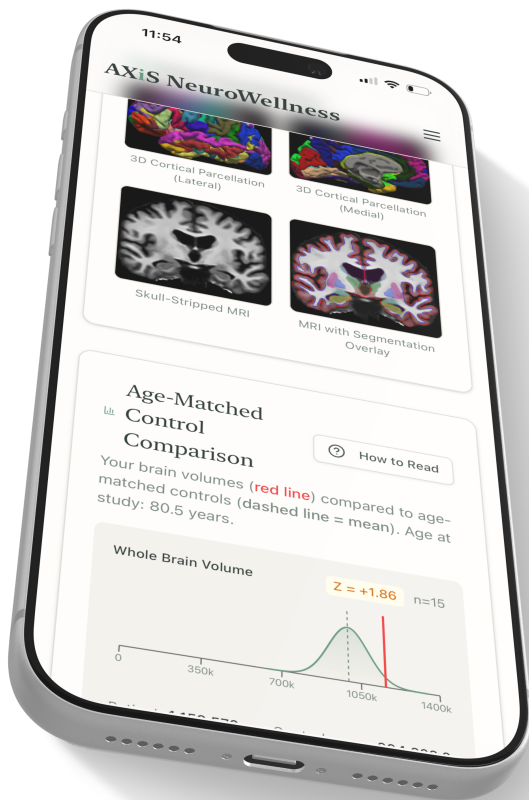
- ✓ pTau217 — a leading blood biomarker associated with amyloid pathology
- ✓ APOE4 — the genetic marker that informs Alzheimer’s risk & planning

Discussed with your neurologist and added when clinically appropriate.

YOUR PERSONAL PORTAL

Your Results, Always at Your Fingertips

Every aspect of your evaluation is delivered through the AXiS-Portal — a secure, HIPAA-compliant personal app that keeps you connected to your neurological health long after your visit.



Personalized analytics, beautifully presented.

- ✓ Detailed consultation notes from your neurologist
- ✓ MRI imaging reports with annotated findings
- ✓ High-resolution images from your imaging studies
- ✓ Interactive 3D brain morphometry and models
- ✓ Age-matched bell-curve comparisons for every region
- ✓ Personalized recommendations across all six pillars
- ✓ Monthly curated updates on the latest neuroscience research

STAY CONNECTED

Access your complete results anytime

portal.axisneuro.org

A Holistic Approach to Brain Health

Your consultation addresses every dimension of neurological well-being — a comprehensive plan tailored to your life, built on six pillars.



Sleep Optimization

Quality sleep drives memory consolidation, neural repair, and glymphatic clearance. We assess and optimize your sleep architecture.



Nutrition & Diet

Evidence-based dietary strategies that support brain health, reduce neuroinflammation, and fuel cognitive performance.



Exercise & Movement

Targeted activity to boost neuroplasticity, cerebral blood flow, and long-term brain resilience.



Vascular Risk Factors

Optimizing blood pressure, cholesterol, and metabolic health to protect the vascular supply to your brain.



Genetics & Family History

Understanding your genetic predisposition to create a proactive, personalized risk-reduction plan.

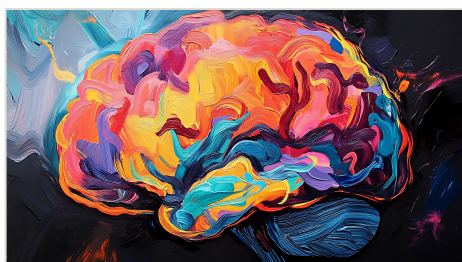


Cognitive Vitality

Strategies to maintain and enhance cognitive function, memory, and mental sharpness at every stage of life.

PLEASE NOTE

AXiS NeuroWellness is a proactive wellness program — not intended for those with known neurodegenerative conditions, or for those unable to undergo MRI at Physicians' Open MRI, including those with pacemakers and AICDs.



AXiS NeuroWellness

a division of Neurological Associates of Long Island, P.C.

Proactive neurological health.



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