Alzheimer’s Prevention Clinic
Weill Cornell Memory Disorders Program
at NewYork-Presbyterian / Weill Cornell Medical Center
Alzheimer’s disease doesn’t just affect the patient; it affects the entire family.

The Alzheimer’s Prevention Clinic (APC) at New York-Presbyterian / Weill Cornell Medical Center was founded by Dr. Richard Isaacson, who has several family members with Alzheimer’s disease. The APC is a specialized program that focuses on the latest treatments for patients, as well as cutting-edge prevention strategies (with an emphasis on nutritional approaches) and comprehensive education for the entire family.

Did you know that Alzheimer’s disease (AD) starts in the brain 20 to 30 years before the onset of symptoms? This gives physicians ample time to intervene on an individualized level.

There is no “magic pill” or “magic cure” for AD treatment or prevention; however, combining a variety of strategies based on strong science and safety may yield the best chance for benefit.

Interested in scheduling a consultation? Please call 212-746-0226
Frequently Asked Questions

What should I expect when I schedule a consultation at the APC?

Patients who visit the APC will receive at least one hour of direct contact with the treating physician. The physician will review medical history, family history, medications, prior doctor notes/lab results, etc., and make specific recommendations regarding AD risk reduction or treatment. In most cases, the physician will order a panel of laboratory and other studies (possibly genetic tests). While there is no one genetic test that can clearly predict if a person will develop AD, the physician may use these results (as well as past medical problems, nutritional patterns, etc.) to tailor therapies for each patient. These principles (also referred to as “pharmacogenomics” and “nutrigenomics”) form the core of our APC approach. Combined family education on AD treatment and prevention may be provided, as well as individualized education and counseling. Please note: spouses, partners, children and caregivers are welcome, but only registered patients will receive personalized medical advice. Multiple visits for separate family members during the same day are welcome, as we evaluate a wide range of patients (ranging from 30 to 95+), for both prevention and treatment.

What happens after the appointment?

Depending on the types of studies ordered, it may take several weeks for specialized results to return. In person follow-up appointments are required to discuss all lab results. The first follow-up appointment for prevention occurs after 4-8 weeks, with future visits every 4, 6 or 12 months. AD treatment follow-up visits occur every 4-6 months.

What types of research are available?

AD Patients have the option to participate in an ongoing research study that tracks the effects of different lifestyle changes on brain and body health. The Weill Cornell Memory Disorders Program participates in a variety of additional AD prevention studies (list of available studies is on our website), and has created Alzheimer’s Universe (www.AlzU.org), along with colleagues from around the U.S., to offer the latest information on AD. It’s free to join, sign up today!

How can I make an appointment and what insurance plans are accepted?

Please call (212) 746-0226. Most insurance plans are accepted (routinely covers clinic visit as well as most, if not all, laboratory testing).

If you do not currently have insurance, a flat fee for appointments is available. For out-of-town visitors, please visit our website for travel tips and suggestions.

Can Alzheimer’s be cured or 100% definitively prevented?

No, currently there are no known cures for AD, nor are there 100% definitive ways to prevent AD. The goal of the APC is to inform patients and their family members about a variety of strategies, based on strong science and balanced with safety, that may yield the best chance of treating and possibly delaying AD onset. Through research, we hope to more definitively guide our patients toward comprehensive ways to fight AD.

Did You Know?

NYP is Ranked #2 by US News and World Reports for Neurology/Neurosurgery
A New Approach to AD Management

Individuals interested in lowering risk for AD can be followed over time and receive a personalized plan based on a variety of elements, such as their risk factors, genes, past/present medical conditions, and the latest scientific research. Patients will be cared for using sophisticated and interactive, state-of-the-art research tools.

This approach allows for ongoing monitoring and the development of personalized therapeutic options aimed at reducing risk and providing optimal care.

Our Philosophy

Our approach is based on a collaborative care model for AD, while being firmly grounded in the latest scientific, evidence-based therapies.

This integrated approach to care aims to provide the most comprehensive therapies for patients with AD, mild cognitive impairment due to Alzheimer’s, “preclinical” Alzheimer’s, and patients at risk for the disease.

Our Personalized Approach

We emphasize lifestyle and nutritional approaches and study the effects of dietary modifications on brain health.

Alzheimer’s Prevention Consultations:

All patients who would like a consultation for Alzheimer’s prevention and/or enrollment in the APC Brain Healthy Lifestyle Program should be under the care of a primary care physician and follow up with the APC at least once each year. Patients must send copies of all recent physician office notes, laboratory and radiology results — including brain imaging results (such as MRI or CT scans) — and have actual radiology images on a CD-ROM mailed to the clinic at least four weeks before the appointment.

Alzheimer’s Treatment Consultations:

All patients who would like a consultation for Alzheimer’s treatment and/or enrollment in the APC Brain Healthy Lifestyle Program must be under the care of both a primary care physician and a specialist who is proficient in the care of patients with AD (such as a neurologist or geriatric psychiatrist) and follow up with the APC at least once each year. Patients must have received a diagnosis of either AD or mild cognitive impairment due to Alzheimer’s disease. Patients must send copies of all recent physician office notes, laboratory and radiology results — including brain imaging results (such as MRI or CT scans) — and have actual radiology images on a CD-ROM mailed to the clinic at least four weeks before the appointment.

Welcome the Newest Members of Our Team!

Alon Seifan, MD, MS is an Assistant Professor of Neurology at Weill Cornell Medical College. Alon’s research involves identifying the early life factors that determine why some people get atypical forms of AD, which may provide clues as to why AD begins in the first place and may lead to preventative interventions. Dr. Seifan received his medical degree from Mount Sinai Icahn School of Medicine, residency in Neurology at the University of Miami Miller School of Medicine, and fellowship in Behavioral Neurology at Columbia University College of Physicians and Surgeons.

Jessica Gordon MS is a Research Associate for our Alzheimer’s Disease and Memory Disorders Program. Prior to joining Weill Cornell she was a Research Assistant at Columbia University, studying brain systems involved in reward-based learning and memory. Jessica received her M.S. in clinical social work from Columbia in 2014, where she was interested in how treatment for neurodegenerative diseases fits into a larger societal context.
A Message From Dr. Isaacson:

“As an Alzheimer’s specialist with several family members with the disease, my clinical practice and research is focused on providing the latest evidence-based and comprehensive management options for treatment, as well as to reduce risk. Most people are unaware that Alzheimer’s disease (AD) begins in the brain up to 20-30 years before the first symptom of memory loss. Therefore, there is ample time for people to make brain-healthy lifestyle and dietary choices for this ‘preclinical’, or ‘pre-symptomatic’ stage of AD, in an effort to delay the onset of AD.”

About Dr. Isaacson:

Richard S. Isaacson, MD currently serves as Director of the Alzheimer’s Prevention Clinic at Weill Cornell Medical College/New York-Presbyterian Hospital and Director of the Neurology Residency Training Program. He previously served as Associate Professor of Clinical Neurology, Vice Chair of Education, and Education Director of the McKnight Brain Institute in the Department of Neurology at the University of Miami (UM) Miller School of Medicine. He completed his residency in Neurology at Beth Israel Deaconess Medical Center/Harvard Medical School, and his medical internship at Mount Sinai Medical Center in Miami Beach, FL. Prior to joining UM, he served as Associate Medical Director of the Wien Center for Alzheimer’s disease and Memory Disorders at Mount Sinai.

A graduate of the accelerated 6-year B.A./M.D. program at the University of Missouri - Kansas City School of Medicine, Dr. Isaacson now specializes exclusively in Alzheimer’s disease (AD) risk reduction and treatment, mild cognitive impairment due to AD and pre-clinical AD. His AD research focuses on nutrition and the implementation and longitudinal assessment of dietary interventions for AD management. Dr. Isaacson has a family history of AD, including his Uncle Bob (diagnosed while he was in high school) and his Dad’s Cousin (diagnosed six years ago) and passionately believes in a comprehensive, multi-modal approach toward both AD treatment and prevention. He is the author of two best-selling books geared for patients and caregivers, Alzheimer’s Treatment Alzheimer’s Prevention: A Patient & Family Guide (2012 Edition) and most recently, The Alzheimer’s Diet: A Step-by-Step Nutritional Approach for Memory Loss Prevention & Treatment.

Help Support Our Efforts

Yes! I would like like to support the Alzheimer’s Prevention Clinic!

You may send a check (payable to Weill Cornell Medical College, noting the Alzheimer’s Prevention Clinic Fund / Dr. Isaacson in the memo or use your credit card.

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Contact/Mail checks to:
Tom Horton, Department of Neurology
525 East 68th Street, F-610
New York, NY 10065
Phone: (212) 746-4599
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Thank you for your support.
For more information, please contact:

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We are on the web! cornellneurology.org/alz