

## One-Stop Clinic – Specialist Cognitive and Mental Health Assessment

### Overview – What is the One-Stop Clinic?

The One-Stop Clinic is a multidisciplinary specialist service designed to assess and manage cognitive symptoms. Whether you are experiencing subtle memory lapses, attention difficulties, brain fog, or objective signs of decline, this program provides a comprehensive evaluation integrating neurology, psychiatry, and laboratory testing. We pay special attention to cognitive and emotional symptoms associated with life transitions, including age-related changes, chronic stress, and hormonal shifts such as perimenopause and menopausal brain changes. Our goal is to clarify whether symptoms are due to neurodegenerative conditions, psychological or functional factors, or hormonal influences, and to build a clear, evidence-based treatment plan.

### What to Expect

The evaluation includes four coordinated steps:

- 1. Neurological Evaluation** A neurologist conducts a structured clinical interview, a focused neurological examination, and cognitive testing assessing memory, attention, executive function, visuo-spatial abilities, and instrumental activities of daily living. Where indicated, we also arrange neuroimaging (MRI, PET, or functional scans) to support diagnosis.
- 2. Psychiatric Assessment** A psychiatrist explores the emotional and cognitive impact of your symptoms through a detailed mental health evaluation, including mental status examination, screening for anxiety, mood changes, sleep problems, and psychological distress. Structured rating scales are used to assess symptom intensity and risk factors.
- 3. Laboratory Workup** A targeted blood panel is performed to identify or rule out reversible causes of cognitive or mental fatigue. This includes metabolic screening, thyroid function, vitamin deficiencies, inflammatory markers, and hormonal assessment where relevant.
- 4. Joint Feedback Consultation** In the final step, neurologists and psychiatrist review the findings together with you, providing an integrated diagnostic impression. A personalized care plan is proposed, which may include further investigations, psychoeducation, lifestyle and nutritional guidance, pharmacological interventions, psychotherapy, or referral to a neuropsychologist when appropriate.

### Session Format

Each step typically lasts 30 minutes. The assessment is usually completed within 1–2 days. A written summary and clinical recommendations are always provided at the end of the process.

### Areas of Focus

This service may benefit you if you are experiencing:

- Memory problems, reduced concentration, or mild cognitive changes
- Brain fog or mental fatigue impacting daily life
- Cognitive complaints during menopause or other hormonal transitions
- Difficulty distinguishing between psychological, neurological, or hormonal causes
- Emotional or cognitive symptoms following chronic stress or life transitions
- Concerns about age-related cognitive decline and a desire for prevention
- A need for a multidisciplinary opinion and a clear, integrated plan

### Our Approach

We believe that early, accurate diagnosis is essential when facing cognitive symptoms. Our integrated team of neurologists and psychiatrists ensures that you receive coordinated, compassionate care—grounded in scientific evidence. We are experienced in distinguishing between subtle signs of neurodegenerative conditions, hormone-sensitive mood disturbances, and functional cognitive disorders. Our medical background allows us to safely manage pharmacological treatments, weigh potential side effects, and align every recommendation with your full clinical picture. Whether you are seeking reassurance, clarification, or guidance, we aim to provide clear answers and personalized solutions to support your cognitive health at every stage.

