

## The Clinic Team

### **Dr Philip Morris, Director of The Memory Clinic**

MB BS, BSc, PhD, FRANZCP, FACHAM, AmBPN

Dr Morris is a specialist in older adult mental health and neuropsychiatry. He has held professor of psychiatry positions at University of Melbourne and University of Qld.

### **Nerida Saunders, Senior Psychologist, Clinical Director** BA, Dip Ed, Grad Dip Psych, M.Phil (Psych), FACCP

Nerida is an experienced psychologist in clinically assessing memory and attention in adults and children. Her skills also include treatment for trauma, depression, anxiety.

### **Dr Rustam Yumash, General Manager**

B.Med, Russia, Dip. Neurology (Russia)

### **Louise Olivier, Senior Psychologist**

BA, MA, Dip Ed, D. Psych. MAPS, MACCP

Louise is experienced in counselling and psychotherapy. Her special interest is a healing effect of meditation practice on memory and stress.

### **Matthew Hynes, Psychologist**, BAppSci, BPsych (Hons), MACCP

Matt is Neurofeedback and QEEG Expert, he is interested in computer based brain and memory training.

### **Dr Paul Mahoney, Sport & Exercise Psychologist**

D. Psych., B. Ed., MAPS

Paul is an expert in Peak Performance, Brain Training, Counselling and coping strategies.

### **Ann Huntress, Intern-Psychologist**, BSc Psych (Hons), MAPS, MACCP

### **Gary Pike, Intern-Psychologist**, B Psych (Hons)

Both provide assistance with computerized assessments and questionnaires, as well group memory training.

### **Robyn Weishaupt, Practice Manager, Accounts & Billing**

### **Sarah French, Medical Receptionist, Trainee**

**With valued support from our neuroscience advisor:**

### **Dr Evian Gordon**, BSc, MBBCH, PhD

CEO Brain Resource Company, Scientific Chairman and Founding Director Brain Dynamic C.

**Noni, Cassie and Felix—Special Assistants**

# The Memory Clinic

is located at  
**Solstice-Mind Matters**



**36 Beryl St  
Tweed Heads NSW 2485**

**Phone: 07 5599 2220**

**Fax: 07 5599 2221**

**For more information  
or to make an appointment please  
call: 07 5599 2220  
Map**



# The Memory Clinic

*Assessment  
Prevention  
And Treatment  
Of  
Memory Problems*

“The existence of forgetting has never been proved: we only know that some things don't come to mind when we want them.”

Friedrich Nietzsche

## Reasons to Access The Memory Clinic

**Memory complaints** are a common problem and can affect all ages. Early diagnosis and treatment is essential for effective management and may prevent further memory deterioration.

Memory problems can be due to aging, anxiety, stress, depression, early onset dementia (including Alzheimer's disease), mini strokes, Parkinson's disease, drug use, brain infection/inflammation/trauma, sleep apnoea, thyroid conditions and other physical diseases affecting the brain .

**The Memory Clinic** has been established in recognition of a need for a systematic and specialised approach to the diagnosis and management of memory disorders.

Our approach is based on the most advanced assessment and treatment techniques available. Information and education about the cause and treatment of the memory problem is reassuring and allows forward planning by the patient and family members.

## Clinic Services

**The initial consultation** involves a medical review, a mental health assessment, and a memory and cognitive screening evaluation. Further comprehensive assessment procedures include:

- A touch screen, computer-based diagnostic and baseline neuropsychological assessment of memory and cognitive function
- Laboratory tests and ECG
- Structural & functional brain imaging (CT/MRI, SPECT, Doppler carotid ultrasound, EEG and QEEG)
- Interviews with family or carer

**At a second consultation** the results of all tests are reviewed with the patient (and family/carers) and a diagnosis determined. A personalized management plan is then developed.

**A Memory Enhancement Program** is offered to reduce risk factors and to enhance protective factors for memory function. Treatment options include:

- Prescription of memory enhancing drugs
- Computer based memory and attention training programs
- Neurofeedback training
- Reducing dementia and vascular risk factors
- Vitamin B12, B1, B6, folate and other vitamin supplementation as appropriate
- Omega 3 fish oil supplements and dietary advice
- Treatment of anxiety, stress and depression
- Exercise and fitness training advice
- Education for patient and family/carers
- Psychological counselling
- Referral to community resources (Alzheimer's Association, ACAT assessment, respite care, day centre activities programs)

**At further consultations** the plan is monitored and reviewed in collaboration with the GP/local doctor.

## Referral and Fees

### Allied Health Services

including a comprehensive touch screen, computer-based diagnostic and baseline neuropsychological assessment of memory, cognitive function and general psychological factors, as well as

### Memory Enhancement Program

Are only partially covered by Medicare (Mental Health Care Plan ) and Private Health Funds.

War Veterans and their widows can access all services free of charge under the DVA scheme

For all enquiries please  
phone:  
**(07) 5599 2220**

### Referrals

(to Dr Morris)

**from GP or local doctor are preferred.**

**Self referrals are accepted**

**All medical consultations are  
bulk billed.**