



# Protect your memory. Preserve your mind.

*A Therapeutic Plasma Exchange (TPE) Program for Alzheimer's Risk Mitigation*  
by Circulate Health



## ALZHEIMER'S DISEASE

### Understanding Alzheimer's Risk

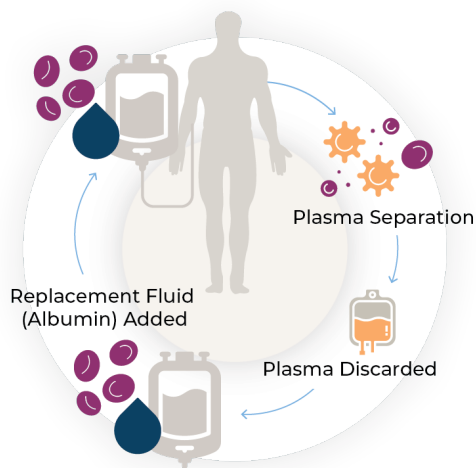
Alzheimer's disease is the most common cause of memory loss and dementia. It develops when proteins called amyloid and tau build up in the brain, disrupting how nerve cells communicate and function.

While age and genetics can increase risk, other factors, like high blood pressure, being overweight, diabetes, and low physical or social activity, also play a role. Identifying risk early and taking proactive steps can help protect brain health and preserve cognitive function over time.

## How TPE Helps

Therapeutic Plasma Exchange (TPE) is an advanced, evidence-based procedure that gently removes plasma — the liquid portion of your blood — and replaces it with albumin, a purified protein solution.

Because amyloid and tau proteins circulate in plasma and bind to albumin, TPE helps clear these proteins and other inflammatory factors that may contribute to cognitive decline. Studies show that people receiving plasma exchange had slower memory decline and improved daily function, suggesting that this treatment may help protect brain function over time.



## What to Expect



**Each session lasts about 2–3 hours.** You can read, relax, or listen to music during treatment.



**The process is comfortable and nurse-led.** All treatments are performed by Circulate-trained apheresis specialists in a calm, clinical environment.



**You can return to light activities afterward,** though it's best to rest and hydrate.

## What Patients Often Notice

Depending on the presence of symptoms, some patients report:

- ✓ Sharper mental clarity and focus
- ✓ Improved daily energy and motivation
- ✓ More consistent sleep and mood
- ✓ A greater sense of stability and control in daily life

## Your Personalized TPE Program

Your care team will guide you through every step:

### ✓ Initial Assessment

Your provider will begin with lab tests, including specialized blood biomarkers that help measure Alzheimer's-related proteins and assess your current risk level. Staying consistent with your schedule ensures you receive the full therapeutic benefits of TPE and allows your team to monitor progress effectively.

### ✓ Treatment Phase (6 Months)

You'll receive two TPE treatments per month, spaced 2–3 days apart.

### ✓ Follow-Up & Maintenance

After six months, your care team will repeat your blood tests to check your progress.

- If results show improvement, treatments continue monthly to maintain healthy balance and reduce ongoing risk.
- If your results remain low-risk after one year, your provider may space treatments further apart.

## Why Choose Circulate

- ☾ Circulate Health partners with top clinics to deliver Therapeutic Plasma Exchange (TPE) using the highest standards of safety, expertise, and care.
- ☾ Each treatment follows a standardized, evidence-based protocol guided by expert clinicians and supported by ongoing outcomes research.
- ☾ Protect your mind and preserve your clarity — with science-backed care designed to help you stay sharp for years to come.

The information in this brochure is meant to help patients better understand therapeutic plasma exchange, but it should not replace guidance from your healthcare provider. Treatment responses differ from person to person, and no specific outcomes are promised. This material is confidential and proprietary to Circulate Health and its partner clinics. Please do not share or reproduce without permission.

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**Have Questions?** We're here to help.

Talk to your care team or reach out to: [medical@circulate.health](mailto:medical@circulate.health)

# ALZHEIMER'S RISK REDUCTION — TPE TREATMENT TRACKER

**Initial Therapy:** 6 Months

**Frequency:** 2 Treatments per Month

**Spacing:** Each treatment should be spaced 2–3 days apart

**Total Sessions in Initial Phase:** 12

## MONTHLY TREATMENT LOG

| Month                                                                       | Treatment 1 Date | Treatment 2 Date | Notes / Adjustments |
|-----------------------------------------------------------------------------|------------------|------------------|---------------------|
| Month 1                                                                     | _____            | _____            | _____<br>_____      |
| Month 2                                                                     | _____            | _____            | _____<br>_____      |
| Month 3                                                                     | _____            | _____            | _____<br>_____      |
| Month 4                                                                     | _____            | _____            | _____<br>_____      |
| Month 5                                                                     | _____            | _____            | _____<br>_____      |
| Month 6                                                                     | _____            | _____            | _____<br>_____      |
| <b>Notes</b><br>_____<br>_____<br>_____<br>_____<br>_____<br>_____<br>_____ |                  |                  |                     |



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