SAGE and MMSE Exams

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Although the test (SAGE) is designed in a way that anyone can complete it with ease, however, individuals having trouble with their thinking and other cognitive capabilities might find it a bit challenging. However, I completed the test and completed all the questions with ease. The test is aimed to assess the thinking capabilities of an individual. Although this fact is reflective in all the questions, some questions that especially drew my attention were; how are a watch and a ruler similar? And what is the date today? The question where it is directed to write ‘I am done' at the end also caught my attention. The test in general and these questions, in particular, intends to measure the short term memory, the long term memory and thinking capability of an individual as reflected by some questions.

The MMSE exam is used as an instrument to give an overall assessment of the cognitive abilities of an individual. Furthermore, this test reveals the score out of 30 that an individual earns after completing the test. Any score greater than 24 is considered to be okay. However, a score of less than 24 suggests that an individual might have serious cognitive impairment. I, however, scored 27 on the MMSE. The individuals with a score of less than 24 should seek proper treatment since a test cannot be a substitute for a diagnosis and prescription from a certified clinician.

A recent article published in the New York Times reveals that a PET (positron emission tomography) scan can help to detect Alzheimer. However, the cost to administer the PET scan is great and few can pay it. Furthermore, Medicare also does not cover the PET scan (A Brain Scan May Predict Alzheimer’s. Should You Get One, 2019).

**References**

A Brain Scan May Predict Alzheimer’s. Should You Get One?. (2019). Nytimes.com. Retrieved 6 August 2019, from https://www.nytimes.com/2019/08/02/health/alzheimers-brain-scan.html