



WE TAKE THE  
GUESSWORK  
OUT OF PSYCHIATRY







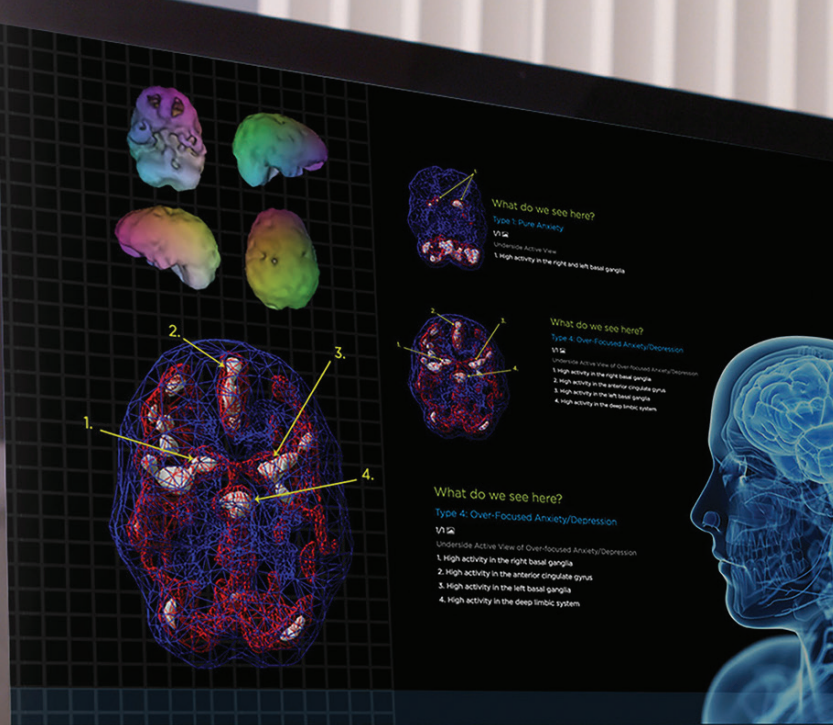
## IMAGINE

a world where innovative brain health solutions can change your life and the lives of those you love.

## WE CAN HELP YOU

**change your brain** and **change your life**  
with **proven outcomes** and **over 30** years of experience.





79%

of diagnoses and treatment recommendations were different after our clinicians used the information from the SPECT scans, compared to current diagnostic methods.

Everyone at Amen Clinics is passionate about brain health. Whether you or someone you love struggles with ADD, anxiety, depression, bipolar disorder, addiction, memory problems, or weight issues or you simply want to optimize your mind, we can help.

Over the last 30 years, the staff at Amen Clinics has pioneered the use of brain SPECT imaging to help pinpoint more accurate diagnoses leading to more successful outcomes; performing nearly 200,000 SPECT studies on people from 155 countries. In building the world's largest database of brain scans, we've learned many valuable lessons, including:

- Your brain is involved in everything you do and everything you are.
- When your brain works right, you work right, and when your brain has trouble, you have trouble in your life.
- By not looking at the brain, many physicians and mental health professionals miss critical information that leads to missed diagnoses, failed treatment, and dangerous behaviors.
- With the proper information and strategies, you can literally give your brain a boost and improve everything in your life.

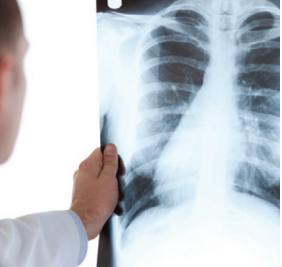
We study the outcomes of all of our patients. The Amen Clinics Method has one of the highest success rates published, and we are dedicated to changing the world one brain at a time. Please call and see how we can help you or your loved ones.

To Your Brain Health,



Daniel G. Amen, MD





**Pulmonologists Look**



**Gastroenterologists Look**



**Gynecologists Look**



**Cardiologists Look**



All other specialists look...  
**At Amen Clinics, we look too**

## Pioneering the Future of Psychiatric Medicine



*You MUST look inside to better understand what is going on in the brain and improve diagnoses and outcomes. How do you know unless you look?*

*-Daniel G. Amen, MD*

## BRAIN SPECT IMAGING

### Look Inside and See What You've Been Missing

Imagine if someone could peer into your brain and see how it works. That's what brain SPECT imaging does. SPECT stands for Single Photon Emission Computed Tomography, which measures blood flow and activity patterns - not just the anatomy, or physical brain structure. It looks at how the brain works. SPECT helps us to understand areas of the brain that work well, along with areas that are underactive or overactive. It gives clinicians important information they can use to better balance the brain and improve lives.

### An Essential Tool

At Amen Clinics, we've built the world's largest database of brain SPECT scans related to behavior, consisting of nearly 200,000 scans from patients in 155 countries. This massive database of scans has completely changed

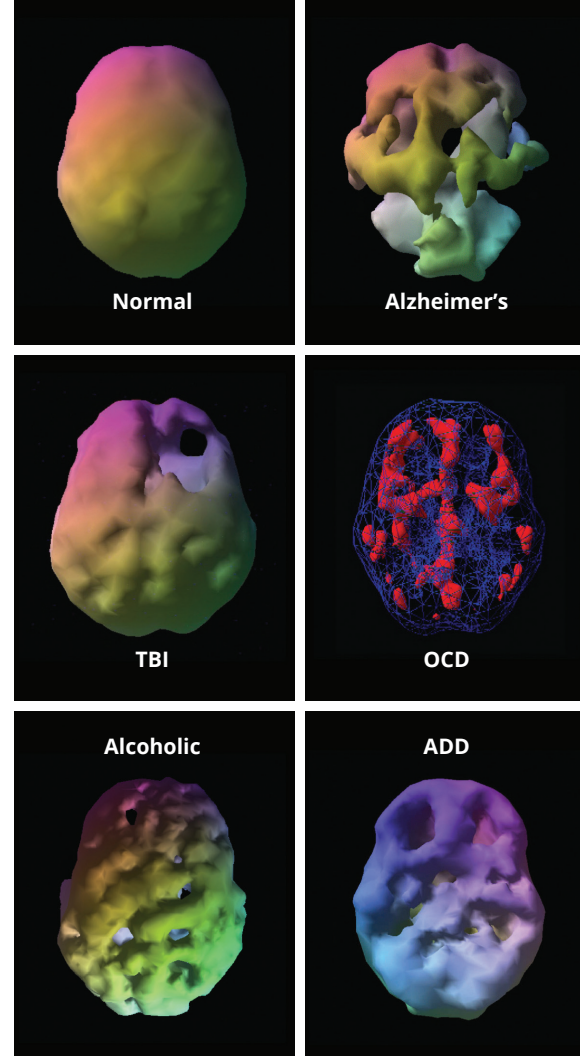
the way we think about, assess and treat our patients, and even how we live our own lives.

For example, it has helped us to understand why treatments help someone with certain psychiatric syndromes but hurt others (e.g., why stimulants are definitely not good for everyone with ADD/ADHD and why antidepressants can trigger suicidal behavior in some).

With the information we gain from SPECT, we can better diagnose and treat a number of medical and mental health conditions including:

- ADD/ADHD
- Anxiety/Depression
- Addiction
- Aggression
- Autism Spectrum Disorders
- Behavioral Problems
- Bipolar Disorder
- Brain Injury
- Brain Toxicity
- Chemo Brain
- Insomnia/Sleep Disorders
- Marital Conflict
- Memory Issues
- Obsessive Compulsive Spectrum Disorders
- Post-Traumatic Stress Disorder
- Weight/Nutritional Issues

*Whereas structural CT and MRI scans provide images of brain anatomy that can show tumors or cysts, SPECT reveals patterns of activity - good activity, too little or too much.*







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*"I have suffered from depression, addiction and a brain injury from the 4th grade. Now I have scientific proof of what is happening in my brain. The most beautiful thing I've learned is that my brain is repairable. I have my life back and feel great living again."*

*"The SPECT scan made a huge difference for our child. It gave us a clearer understanding of the problem and guided treatment in a much more effective way."*

*"I now remember things that I once thought were gone."*

*"I had been to five different clinics without success. The scans showed evidence of a brain injury that I had forgotten. With the brain rehab program, I have experienced dramatic improvement."*

*"Seeing our daughter's ADHD brain in a scan was a breath of fresh air. If you don't take a picture of your brain, you really don't know what is wrong. Within six weeks she went from all F's to C's. We now have our incredible young lady back again."*



## THE PATIENT EXPERIENCE

Although brain SPECT imaging plays a central role at Amen Clinics, it's only one part of a larger process of how we diagnose and treat patients.

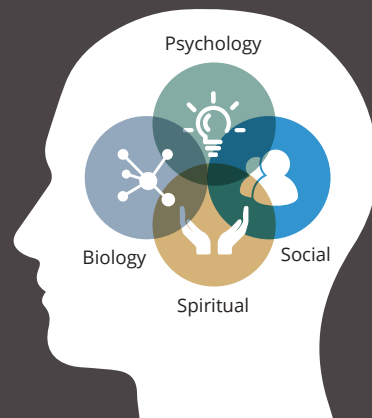
### Detailed History

We start by understanding your concerns, past medical history, and the important influences in your life; including information from your family, if given permission. During this assessment, we identify key factors that impact your mental and physical health and map them into four areas. We call this our **"Four Circles"** approach. By closely examining each of these areas, we gain insight into your family history, diet, exercise, past physical health and traumas, successes, stress levels, social surroundings, sense of meaning and purpose, and more.

### Brain SPECT Imaging

We typically perform two SPECT studies: one to evaluate your brain at rest, and the other to evaluate your brain while performing a concentration task. These scans reveal patterns of blood flow and activity during each state, allowing our physicians to identify areas of your brain that work well, areas that work too hard, and areas that don't work hard enough.

### FOUR CIRCLES APPROACH



Personalized, Targeted Treatment



Least Toxic, Most Effective Solutions



Higher Than Average Success Rates



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## Computerized Neuropsychological Testing

We will also evaluate your brain function with computerized testing to accurately assess anxiety, depression, stress, social skills, negativity bias, memory, attention, executive function, processing speed, and impulse control.

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## Diagnostic Labs

Your unique biological chemistry is closely linked to your mental and physical health. For this reason, we will typically order a set of diagnostic lab tests to measure your basic health numbers, and depending on the circumstances, we may also order genetic markers or more extensive testing.



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## More Specific Diagnoses & Personalized Treatment

Based on all of the information (clinical and family history, SPECT scans, neuropsychological tests, and lab studies), our clinicians are able to make more specific diagnoses and create more personalized treatment plans to help you get better. Based on your needs, your plan may include a combination of different treatments such as nutritional supplements, medications, psychotherapies, exercise, nutritional interventions, and more.

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## Continuing Care

We're committed to your long-term health and happiness. We can provide you with ongoing clinical care or we will work closely with your referring clinician.



*The world-renowned Amen Clinics is ready to help you turn a corner in your life. If you have been struggling year after year with cognitive, emotional, or behavioral issues, suffered from brain trauma, or simply want to reclaim your mental edge, we can help.*





**CONTACT ONE OF OUR CLINICS TODAY AND SEE HOW BETTER LIFE CAN BE.**

Within the U.S. Call: 888-288-9834 | Outside the U.S. Call: 949-266-3715 | Visit: [www.amenclinics.com](http://www.amenclinics.com)

## AMEN CLINICS LOCATIONS

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### **ATLANTA**

5901 Peachtree-Dunwoody Road, Ste. C65 | Atlanta, GA 30328

### **CHICAGO**

2333 Waukegan, Ste. 150 | Bannockburn, IL 60015

### **DALLAS**

7301 State Highway 161, Ste 170 | Irving, TX 75039

### **LOS ANGELES**

5363 Balboa Blvd., Ste. 100 | Encino, CA 91316

### **NEW YORK**

16 East 40th St., 9th Floor | New York, NY 10016

### **ORANGE COUNTY, CA**

3150 Bristol St., Ste. 400 | Costa Mesa, CA 92626

### **SAN FRANCISCO**

350 N. Wiget Lane, Ste. 105 | Walnut Creek, CA 94598

### **SEATTLE**

616 120th Ave. NE, Ste. C100 | Bellevue, WA 98005

### **SOUTH FLORIDA**

200 South Park Road, Suite 140 | Hollywood, FL 33021

### **WASHINGTON, D.C.**

10701 Parkridge Blvd., Ste. 110 | Reston, VA 20191