



Cobalt Memory Clinic

Cheltenham

www.cobalthealth.co.uk
tkuruvilla@doctors.org.uk

Registered Charity No: 1090790



Cobalt

Medical Charity

Diagnosis • Research • Education



Memory disorders

As we get older we are more prone to lapses in memory, so called 'senior moments'.

In the majority of cases this is due to nothing more than age related changes to the way our brains work and can be shrugged off, however if they happen particularly often, other people begin to comment on them, or they start to interfere with your life, they may be a sign of something more serious.

There are a number of easily treatable causes of poor memory and concentration. These include mood disorders, anxiety, depression and stress. Vitamin and hormone imbalances and other common medical conditions can also affect our brains. Finally it should not be forgotten that overindulgence in alcohol can have significant and lasting

detrimental effects on memory. Frequently, worrying about a memory problem makes it seem far worse than in reality it is. Every lapse seems to reinforce the fact that your faculties are failing, this is particularly apparent among people who have cared for parents with dementia.

Modern treatments

Over recent years, public awareness and understanding of dementia has rapidly evolved, as has the amount of research undertaken into the condition. This has led to sea change in our understanding and treatment of the disorder.

It is now recognised that if caught early enough, modern treatments can significantly improve the quality of life and outcome for people who develop dementia. Sensitive neuropsychological

assessments and modern neuroimaging (scanning) techniques enable specialists to identify people in the very early stages of the condition and also people at higher risk of developing dementia.

Early detection

This early detection not only enables people to access medical treatment early but also to take control of their lives, allowing them time to determine how they wish to continue to enjoy fulfilling lives for years to come. We can signpost you to research centres that are doing clinical trials on the latest, potentially disease - modifying treatments.

Get in touch

At The Memory Clinic - Cheltenham we offer a swift and expert assessment of all types of memory problems. If needed we

can prescribe the latest treatments. If you are worried about your or a loved one's memory, ask your GP for a referral or contact us and we will advise you on how to proceed.

Price

Package prices including initial consultation, a high resolution MRI scan and follow up are available from £849. If another (possibly more expensive) type of imaging is recommended for your diagnosis you will be informed in your initial consultation. Payment can be made by cash or credit card. We have agreements in place with most private medical insurers, however please do check with your insurers that you have suitable cover in place.



Professor Tarun Kuruvilla, FRCPsych

Professor Tarun Kuruvilla is a consultant in old age psychiatry who leads the memory assessment service for Cheltenham and the North Cotswolds. He has a special interest in memory disorders, early diagnosis and newer treatments for dementia. He is actively involved in dementia research being a National Institute of Health Research approved investigator and Clinical Director for Dementia Research. He is a Visiting Professor at University of Gloucestershire. He is also an expert in mental capacity assessments.



Your appointment with Professor Kuruvilla will take place at our friendly clinic, with free parking: Cobalt Health, Linton House, Thirlestaine Road, Cheltenham, GL53 7AS

Contact us for more information

Julie Carroll

Tel: 07377992135

tkuruvilla@doctors.org.uk

www.cobalthhealth.co.uk

tkuruvilla@doctors.org.uk

Registered Charity No: 1090790

V2 November 2025

We review our patient leaflets for accuracy every twelve months.

 **Cobalt**
Medical Charity
Diagnosis • Research • Education