INDIVIDUAL CASE REPORT | n = 1

Following brain activity through cognitive aging

Cognitive decline in later life | Individual case report

Serial EEG monitoring informed protocol adjustments during a four-month course in a man reporting cognitive decline.

68-year-old man

4-month course

20 minutes per session

REPORTED EXPERIENCE

The report describes reduced slow-frequency EEG activity over the treatment period. It does not provide a quantified improvement in memory, cognitive testing or independence in daily life.

THE OBSERVED COURSE

Sessions lasted 20 minutes, averaging three times weekly. The author describes alpha-focused stimulation, subsequent beta stimulation and the addition of 40 Hz stimulation, with changes informed by intermediate EEG measurements.

WHAT THE EEG ADDED

Follow-up captions describe reductions in frontal 4-5 Hz excess and bilateral 6 Hz excess, alongside increased 8-10 Hz activity. The number and dates of intermediate recordings are not specified.

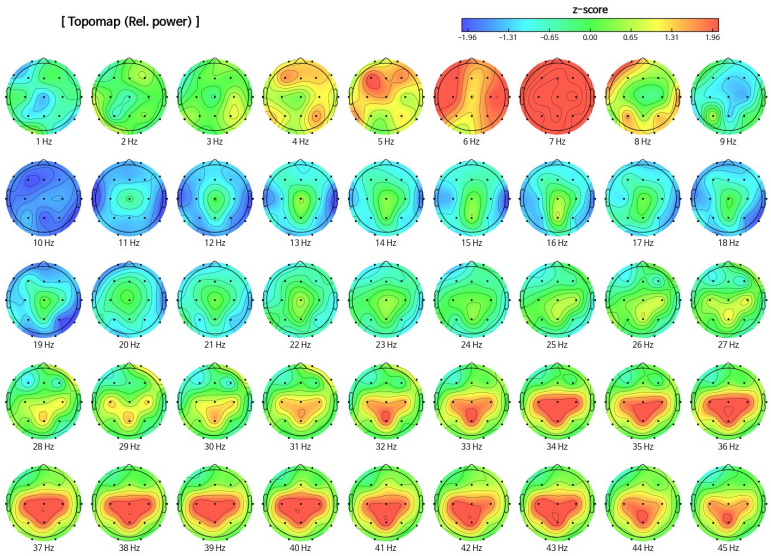
HOW TO READ THIS CASE

EEG improvement is not equivalent to demonstrated cognitive improvement. No specific dementia diagnosis, standardized cognitive score or exact completed session count is supplied in the reviewed text.

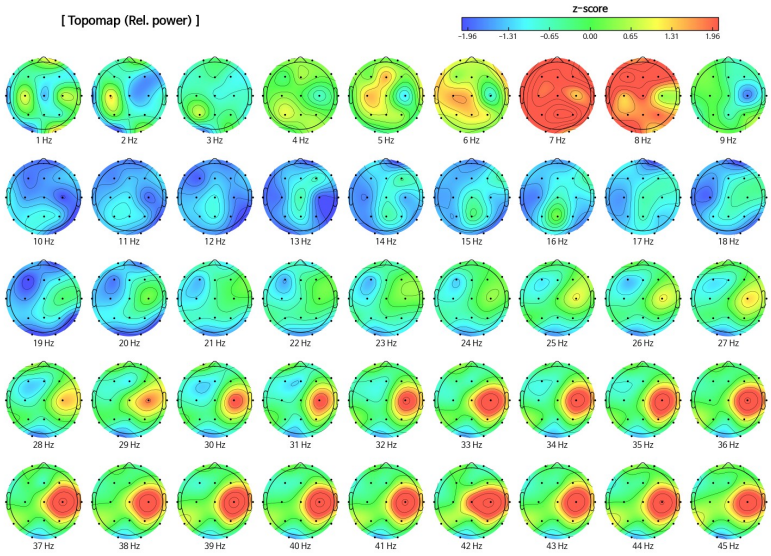
Regulatory context: The PBM functionality discussed here is not FDA-cleared. These observations do not establish a treatment indication for the condition described. This material is not a treatment recommendation.

The source evidence

Original case figures - reproduced without changing the underlying data



Before: original relative-power topomaps show the baseline pattern discussed in the report.



After: original relative-power topomaps. The author describes reduced slow-frequency excess and increased 8-10 Hz activity.

SOURCE & CONTEXT

Adapted from IQPA Community Case Series, CASE-2026-K3LBWD. Reviewed November 6, 2026. Figures and observations are from the original case report; no patient outcomes have been generated or estimated.

Read the original IQPA case report | Explore iMediSync