

What Do You Know About Alzheimer's Disease and Related Dementias (ADRD)?

Please circle the letters of your responses.

1. Your age group: a. Age 60 or over b. Age 43 to 59
 c. Age 30 to 42 d. Age 18 to 29
2. Your gender: a. Female b. Male
3. Alzheimer's disease is a normal result of aging. a. True b. False
4. Forgetting where you put your keys is likely to be an early sign of Alzheimer's disease.
 a. True b. False
5. Alzheimer's disease is the most common cause of dementia among older people.
 a. True b. False
6. What percentage of people age 85 and older have Alzheimer's Disease and Related Dementias?
 a. Less than 10% b. 25 to 30%
 c. 40 to 50% d. Over 70%
7. Women are more likely than men to develop Alzheimer's disease. a. True b. False
8. If a relative of yours developed Alzheimer's disease at age 80, you are very likely to also get the disease.
 a. True b. False c. You'd have only a slight increase in risk
9. There is evidence that inflammation in the brain may contribute to the damage caused by Alzheimer's disease. a. True b. False
10. Which of the following may be considered risk factors for Alzheimer's disease? (Circle all that apply.)
 a. Advanced age
 b. Family history
 c. Head injury involving loss of consciousness
 d. Chronic depression
 e. Use of aluminum cookware
11. What can you do to help reduce your personal risk of developing Alzheimer's disease? (Circle all that apply.)
 a. Eat healthy
 b. Participate in regular physical activity
 c. Engage in mental challenges like puzzles and games
 d. Socialize with family and friends
 e. Wear a helmet when you ride a bike or take part in sports
 f. Keep your blood pressure and cholesterol within normal limits
 g. All of the above
 h. None of the above
12. Which of the lifestyle steps listed in #11 above will also help reduce your risk of vascular dementia? (List the letters of correct response(s) here: _____)

Answers to Survey Questions: What Do You Know About Alzheimer's Disease and Related Dementias?

3. **The correct answer is b. False.** Alzheimer's disease is not a normal part of the aging process. It is the result of a disease process.
4. **The correct answer is b. False.** There can be many reasons why a person may forget where they put their keys or notice other similar memory lapses, including stress, fatigue, grief, medication side effects, poor vision or hearing, etc. Alzheimer's-related memory loss is more likely to involve forgetting the name of someone close, or feeling lost in a familiar location.
5. **The correct answer is a. True.** While there are many other types of dementia, Alzheimer's disease is the most common among older people. Vascular dementia, a degenerative cardiovascular disease, is the second most common form of dementia in the U.S.
6. **The correct answer is c. 40 to 50%.** Prevalence studies differ somewhat, but there is general agreement that roughly 42% of those aged 85 and over have Alzheimer's Disease and Related Dementias (ADRD).
7. **The correct answer is a. True** – but only because women live longer than men on average, and advanced age is a risk factor for Alzheimer's disease.
8. **The correct answer is c. You'd have only a slight increase in risk.** Development of Alzheimer's at age 80 would not in itself suggest the presence of an Alzheimer's gene which would increase your likelihood of developing the disease yourself.
9. **The correct answer is a. True.** Like many other chronic diseases, Alzheimer's disease is now understood to be linked with increased inflammation. High levels of inflammation can be caused by poor diet, inadequate physical activity, and many other factors.
10. **The correct answers are a. Advanced age, b. Family history, c. Head injury involving loss of consciousness, and d. Chronic depression.** All of these risk factors have been linked to an increase risk of developing Alzheimer's disease. Research has not established any increased risk related to the use of aluminum cookware.
11. **The correct answer is g. All of the above.** Eating healthy, participating in regular physical activity, engaging in mental challenges like puzzles and games, socializing with family and friends, wearing a helmet when you ride a bike or participate in sports, and keeping your blood pressure and cholesterol within normal limits can help reduce your risk of developing Alzheimer's disease.
12. **The correct answers are a. Eating healthy, b. Participating in regular physical activity, and f. Keeping your blood pressure and cholesterol within normal limits.** These steps can also help prevent vascular dementia. Other important actions you can take to prevent vascular dementia include: stop smoking, reduce obesity, control diabetes, and seek medical treatment of any heart problems.

For more information about Alzheimer's Disease and Related Dementias:

- ***visit the Alaska Commission on Aging's Healthy Body, Healthy Brain website, www.alaskaaging.org/healthyBrainLinks.htm, or***
- ***phone the Alzheimer's Disease Resource Agency of Alaska at (800) 478-1080, or visit their website at www.alzaska.org.***