

Mindful Continuing Education

Preventing Alzheimer's Disease

Introduction

1. Although there is no definitive evidence yet about what can be done to prevent Alzheimer's or age-related cognitive decline, what is known is that a healthy lifestyle can maintain and improve overall health and well-being.

- A. True
 - B. False
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What Is Alzheimer's Disease/Risk Factors

2. Each of the following is a correct statement about Alzheimer's disease and its risk factors EXCEPT:

- A. People with MCI have memory or other thinking problems greater than normal for their age and education but can still function independently, and MCI often leads to Alzheimer's dementia
 - B. Research shows that Alzheimer's disease causes changes in the brain years and even decades before the first symptoms appear, so even people who seem free of the disease today may be at risk
 - C. Age is the best known risk factor for Alzheimer's disease, and the risk of developing the disease triples every 5 years after age 70
 - D. Most cases of early-onset Alzheimer's are familial, caused by mutations in one of three known genes inherited from a parent, and researchers have identified several risk-factor genes for late-onset Alzheimer's
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3. Case control studies are those that look for common factors that might explain why or how a disease occurs in a certain group of people, and in Alzheimer's research they are used to determine whether a certain finding directly affects development or progression of the disease.

- A. True
 - B. False
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Do Exercise and Physical Activity Protect the Brain?

4. Studies suggest that physical exercise may play a role in reducing risk for Alzheimer's disease and age-related cognitive decline by:

- A. Raising the level of a nerve growth factor in an area of the brain that is important to memory and learning
 - B. Stimulating the human brain's ability to maintain old network connections and make new ones that are vital to healthy cognition
 - C. Improving connectivity in the part of the brain engaged in daydreaming, envisioning the future, recalling the past, and enhancing executive functioning
 - D. All of the above
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Does Diet Matter?

5. Some scientists have focused on the benefits of DHA (docosahexaenoic acid), an omega-3 fatty acid found in salmon and certain other fish, and one clinical trial of DHA showed significant improvement for people with mild to moderate Alzheimer's disease.

- A. True
 - B. False
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How Might an Active Brain Prevent Alzheimer's?

6. Which of the following is NOT one of possibilities that scientists offer for the apparent link between social engagement or intellectual stimulation and Alzheimer's risk?

- A. Those who experience less engagement with other people, due to choice or unavoidable circumstances, or who engage less frequently in stimulating activities, may be damaging their "intellectual muscles," which could lead to greater Alzheimer's risk
 - B. Such activities may protect the brain by establishing "cognitive reserve," the brain's ability to operate effectively even when it is damaged or some brain function is disrupted
 - C. These activities may help the brain become more adaptable in some mental functions, so it can compensate for declines in other functions
 - D. People who engage in these activities may have other lifestyle factors that protect them against Alzheimer's disease
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Finding Out Who is at Risk

7. Researchers are studying changes in certain proteins in blood and cerebrospinal fluid as well as brain scans that may indicate early Alzheimer's-like changes in the brain, and hope that these findings will lead to more information about how Alzheimer's disease begins and develops.

- A. True
 - B. False
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What Can You Do?

8. As scientists continue to study how a healthy lifestyle may positively impact Alzheimer's onset and progression, it is important for all adults to boost overall health and well-being by exercising regularly, engaging in social and intellectually stimulating activities, and controlling other circumstances such as type 2 diabetes, blood pressure and cholesterol levels, diet, and weight.

- A. True
 - B. False
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