

Name:

Zip Code:

Challenge Your Brain Quiz

Test your knowledge about Alzheimer's disease! Respond whether each statement is true or false. Remember, understanding this condition can help raise awareness and support those affected. Let's see how much you really know!

1- You can reduce your risk of Dementia up to 40% by making healthy lifestyle changes.



F

2- Memory loss is the only symptom of Alzheimer's disease.

T



3- There is a cure for Alzheimer's disease.

T



4- Alzheimer's disease affects the brain's ability to think, remember, and make decisions.



F

5- Only people with a family history of Alzheimer's disease are at risk for developing it.

T



**Bonus (will cancel one wrong answer) Age is your greatest risk factor for Dementia.

T



Answer Key at: www.alz.org/cwva/education-programs

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