

## **Quiz Session 7 - Thinking and Memory**

1. Dementia affects the ability to think and remember to the point at which it affects a person's daily function. **T F**
2. Stage 2 dementia includes forgetfulness noticed by others, difficulty at work and anxiety. **T F**
3. The peanut butter smell test for detecting early Alzheimer's is a highly test for detecting Alzheimer's at the preclinical phase. **T F**
4. Several drugs approved to treat Alzheimer's, including donepezil (Aricept) and memantine (Namenda), don't delay the onset of Alzheimer's or improve or maintain mental function. **T F**
5. According to some researchers, up to 50% of Alzheimer's Disease cases may be attributable to modifiable risk factors. **T F**
6. According to Dean & Ayesha Sherzai MD, lipid and glucose dysregulation along with inflammation, coagulation and oxidation are important factors in promoting Alzheimer's Disease. **T F**
7. The anatomical indicators of Alzheimer's include Tau Tangles, Amyloid Plaques and Cholesterol Plaques. **T F**
8. Diabetes and low levels of folate and vitamin B12 are associated with the formation of the Amyloid Plaques in Alzheimer's Disease. **T F**
9. Researchers gave people B-vitamins for two years and found that these vitamins markedly slowed the rate of brain shrinkage. **T F**
10. Steaming, boiling, poaching, stewing, stir-frying, or using a slow cooker promote the creation of AGEs which are linked to Alzheimer's Disease. **T F**
11. Chicken, bacon, hot dog, beef, turkey, fish and cheese have some of the highest amounts of AGEs of any food. **T F**
12. The reasons given for the increased rates of dementia in Japan over the past few decades include increases in cholesterol, saturated fat, and iron from animal products in the diet. **T F**
13. Those who adhered to the MIND diet, composed largely of whole plant foods, had a slower rate of cognitive decline, equivalent to being 7 ½ years younger (cognitively). **T F**
14. Among vegetables, green leafy vegetables have been identified as having the strongest protective effects against cognitive decline. **T F**
15. Ginkgo biloba, turmeric, lemon balm, blueberries, tumeric and rosemary are not helpful in delaying the onset of Alzheimer's disease or reversing any of the symptoms associated with this disease. **T F**
16. Once someone is beginning to experience the first signs of early dementia, there is nothing we can do to slow down or reverse the journey towards late-stage Alzheimer's Disease. **T F**
17. A lemon balm infused lotion applied twice daily was able to significantly reduce shouting, screaming and physical aggression in patients with severe Alzheimer's Disease. **T F**
18. None food related solutions for Alzheimer's Disease according to Dean and Ayesha Sherzai MD, include the following: Regular exercise, daylight exposure, continual learning, purpose driven activities, social engagement, 7-8 hours of sleep and stress management. **T F**
19. Saffron is an example of one plant that has been proven scientifically to be both safer and just as effective as two common drugs used to treat Alzheimer's Disease. **T F**
20. The lowest validated rates of Alzheimer's in the world are in rural India where they eat low-meat, high-grain, high-bean, high-carb diets, in addition to the spice tumeric. **T F**