Alzheimer’s Disease Training
2 Contact Hours

View these 4 videos courtesy of The Alzheimer’s Project Momentum in Science, The Alzheimer’s Association and The National Institute on Aging.

Understanding and Attacking Alzheimer’s

How Far We Have Come in Alzheimer’s Research
http://www.hbo.com/alzheimers/supplementary-how-far-we-have-come-in-alzheimers-research.html

Identifying Mild Cognitive Impairment

The Benefit of Diet and Exercise
Test Questions

1. Synapses transfer information within the brain. What happens to these synapses once a person acquires Alzheimer’s Disease?
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   ____________________________
   ____________________________

   What part of the brain does the disease begin?

2. What are Amyloid Plaques?
   ____________________________
   ____________________________
   ____________________________

3. Imbalance and removal of Amyloid Beta Protein contributes to Alzheimer’s Disease. T/F

4. Can we use the body’s immune system to fight Alzheimer’s Disease? T/F

5. A nasal vaccine is being developed to fight Alzheimer’s Disease but today’s drugs treat the symptoms but not the disease itself. T/F

6. We are at the brink of treating/beating Alzheimer’s Disease. T/F

7. What is the name of the scientist who first discovered plaques and tangles?
   ____________________________

8. In the 1980’s Amyloid Plaques were first discovered. T/F

9. In the ____________, genetic mutations that cause Alzheimer’s Disease was discovered.

10. There is only one approach to treating Alzheimer’s Disease. T/F

11. An ______ captures the earliest stages of the disease.

12. _____% of those 70 and above have mild cognitive impairments.

13. Chances of Dementia over 71 years old: 70% Alzheimer’s T/F

14. Can behavioral interventions such as a heart healthy diet, reducing stress and increasing physical activity effect the way we age? T/F
15. What is “molecular rust”? ________________________________

16. Oxidative damage rarely impacts Alzheimer’s Disease. T/F

17. What is an antioxidant diet? ________________________________.

18. What is BDNF? ________________________________.

19. Can an active lifestyle effect faster learning than a sedentary lifestyle? T/F

20. Describe some of the changes you can make for yourself for healthy physical and cognitive aging.
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Fax answers to: 931/839-8770
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Please include your PayPal receipt number.

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FAX# ________________________________