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January is **ALZHEIMER** **AWARENESS** Month

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Demystifying Alzheimer's disease: A QUIZ

January is the Alzheimer Society of Canada's Alzheimer Awareness Month and it's the perfect time to put an end to enduring myths regarding Alzheimer's disease. Common misconceptions on your side can make understanding the disease and helping those who live with it more difficult. How much do you now know about Alzheimer's?

TRUE OR FALSE?

- b. Losing your memory doesn't necessarily mean that you have Alzheimer's.
2. A person with Alzheimer's disease eventually become aggressive.
3. Alzheimer's cannot be prevented.
- h. Alzheimer's is a normal part of aging.
5. Alzheimer's only affects the elderly.
6. Family Alzheimer's accounts for 75% of all cases of Alzheimer's disease.
7. Putting objects away in inappropriate places is a warning sign.
8. Smoking is a major risk factor.
- fi. Alzheimer's is curable.
- b0. The number of people affected by Alzheimer's disease is declining.

ANSWERS

- b. True. It's never too late to consult your physician when memory loss starts to affect your day-to-day life.
2. False.
3. True. However there are ways to reduce your risk. Being physically active and controlling high blood pressure are some examples.
- h. False.
5. False. About most diagnosed individuals are over 65 Alzheimer's disease can affect people in their 40s and 50s.
6. False. It represents less than 5% of cases.
7. True.
8. True. Smokers have a 5% higher risk of developing the disease.
- fi. True. Our brains eventually stop working due to the destruction of brain cells.
- b0. False.

to find out more: www.alzheimer.ca