

Module 3, Lesson 4 Quiz:

Alzheimer's

1. _____ is an umbrella term and _____ is the most common form of cognitive loss.
 - a. Alzheimer's disease, memory loss
 - b. Forgetfulness, dementia
 - c. **Dementia, Alzheimer's disease**
 - d. Memory loss, forgetfulness

2. Another name for Alzheimer's disease is:
 - a. **Type 3 diabetes**
 - b. Type 3 dementia
 - c. Brain sugar
 - d. Neuralgia

3. True or False. Alzheimer's disease is only a disease of the elderly and never occurs in younger people.
 - a. True
 - b. **False**

4. Which is not a categorization of Alzheimer's disease?
 - a. Mild
 - b. Moderate
 - c. Severe
 - d. **Extreme**

5. A combination of these two diets are shown to have the best results in preventing and slowing the declines associated with Alzheimer's disease:
 - a. **DASH & Mediterranean diets**
 - b. Mediterranean & vegetarian diets
 - c. DASH & Paleo diets
 - d. Flexitarian & Keto diets