

DECREASE YOUR RISK

Alzheimer's Disease Risk Assessment Questionnaire

It is critical to know your specific risk for Alzheimer's disease. The following questionnaire is based on current scientific research to help you assess your specific risk. Once you know your risk you can do things to improve it.

No matter what your age it is important to establish a baseline. It is useful to establish a baseline against which various preventive strategies can be measured, and establishing a baseline allows earlier detection of any disorders that cause memory loss or dementia, which allows them to be treated in their earliest stage to most effectively prevent or delay their progression.

This questionnaire is the first of two self-administered questionnaires that screens for risk factors associated with Alzheimer's disease. "How Is Your Memory" screens for its earliest symptoms. As mentioned, questionnaires of any sort should never be used alone as the only assessment tool. Like an isolated laboratory test result, they are not meant to provide a diagnosis. They are simply catalysts to initiate the process of further evaluation when needed. Both of these questionnaires are useful first steps to help determine whether you or a loved one should do further screening. You can find more information and an online Memory Screening Test at www.amenclinics.com.

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Alzheimer's Disease Risk Assessment Questionnaire

Please answer the following questions with a yes or no. For every yes answer circle the number provided in parentheses, add your score at the end of the test for interpretation. To give yourself the most complete picture, have another person who knows you well also answer the questions (such as a spouse, partner, child, sibling, parent, close friend, or colleague).

Other Self

- | | | | |
|-------|-------|-----|--|
| _____ | _____ | 1. | (3.5) One family member with Alzheimer's or dementia |
| _____ | _____ | 2. | (7.5) More than one family member with Alzheimer's or dementia |
| _____ | _____ | 3. | (2.7) Family history of Down syndrome |
| _____ | _____ | 4. | (2.0) A single head injury with loss of consciousness |
| _____ | _____ | 5. | (2.0) Several head injuries without loss of consciousness |
| _____ | _____ | 6. | (4.4) Alcohol dependence or drug dependence in past or present |
| _____ | _____ | 7. | (2.0) Major depression diagnosed by a physician in past or present, whether treated or not |
| _____ | _____ | 8. | (10) Stroke |
| _____ | _____ | 9. | (2.5) Heart disease or heart attack |
| _____ | _____ | 10. | (2.1) High cholesterol |
| _____ | _____ | 11. | (2.3) High blood pressure |
| _____ | _____ | 12. | (3.4) Diabetes |

- _____ 13. (3.0) History of cancer or cancer treatment
- _____ 14. (1.5) Seizures in past or present
- _____ 15. (2.0) Limited exercise, less than twice a week
- _____ 16. (2.0) Less than a high school education
- _____ 17. (2.0) Jobs that do not require periodically learning new information
- _____ 18. (2.0) Within the age range, 65 to 74 years old
- _____ 19. (7.0) Within the age range, 75 to 84 years old
- _____ 20. (38.0) Over 85 years old
- _____ 21. (2.3) Smoking cigarettes for ten years or longer
- _____ 22. (2.5) Has one apolipoprotein E4 gene, (if known)
- _____ 23. (5.0) Has two apolipoprotein E4 genes, (if known)

_____ **Total Score** – Add up the scores in parentheses for all items checked for self and other.

Interpretation:

If the score is 0 – 3, then you have low risk factors for developing Alzheimer’s disease.

If the score is 4 – 7, then you should have yourself annually screened after age 50 years old. Visit www.amenclinics.com.com.

If the score is greater than 7, then you should have yourself annually screened after age 40 years old. Visit www.amenclinics.com.

On page 31, there is a step-by step-plan to decrease your risk for Alzheimer’s disease.