

Is dementia genetic?

Can anyone develop dementia?

Are there actions a person can take to help reduce the risk?

TAKE THIS QUIZ TO FIND OUT! >



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QUESTION 1

When is a good age to start taking action to reduce your risk for developing dementia?

In your 20s

In your 40s

When you turn 60

Any age



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QUESTION 1

When is a good age to start taking action to reduce your risk for developing dementia?

ANY AGE!

Changes in the brain that may lead to dementia can begin decades before signs or symptoms appear.

Dementia is not an inevitable part of aging. Staying healthy is good for your body and your brain now, and it may make a difference for your brain health in the long term.



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QUESTION 2

Genetics is not the only risk factor for dementia.



True

OR

False



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QUESTION 2

Genetics is not the only risk factor for dementia.

TRUE

Most cases of dementia are not related to genetics. While there are genetic forms of dementia, these are extremely rare (about 1% of all people living with dementia). Even when there is a genetic risk, it is still possible to reduce overall risk.

Adopting healthy behaviours throughout life may help prevent or delay the onset of dementia symptoms.



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QUESTION 3

Which of the following healthy behaviours can help reduce the risk of developing dementia?

Reducing alcohol consumption

Getting enough sleep

Wearing a helmet to prevent head trauma

All of the above



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QUESTION 3

Which of the following healthy behaviours can help reduce the risk of developing dementia?

ALL OF THE ABOVE.

There are many things you can do to help lower the risk of developing dementia.

- Limit alcohol use. Try having no-alcohol days or replacing alcoholic beverages with sparkling water with a splash of natural fruit juices.
- Get enough restful sleep – that’s about seven to nine hours for healthy adults.
- Protect your head to avoid brain injuries – wear a helmet for activities such as cycling, skiing or skating.



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QUESTION 4

Dementia can affect anyone.



True

OR

False



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QUESTION 4

Dementia can affect anyone.

TRUE

Dementia can affect anyone. You do not need to have a family history to develop dementia. In fact, most cases of dementia aren't related to genetics.

A healthy lifestyle, including preventing and managing obesity and diabetes, as well as socializing often with friends and other members of your community, may all help reduce the risk of dementia.



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QUESTION 5

Obesity increases the risk of developing dementia by:

25%

40%

60%

85%

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QUESTION 5

Obesity increases the risk of developing dementia by:

60%

Obesity increases the risk of dementia by 60%. Obesity can lead to chronic conditions including diabetes and high blood pressure which are also linked with a higher risk of dementia.

Reaching and staying at a healthy weight reduces the risk of developing these conditions, and may help reduce the risk of dementia, too.



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QUESTION 6

Exercising and eating nutritious food, are not only good for your body, they are also good for your brain.



True

OR

False



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QUESTION 6

Exercising and eating nutritious food, are not only good for your body, they are also good for your brain.

TRUE

You can't see the impact of exercise on your brain as easily as you can see it with your body. However, physical activity improves blood flow to the brain and that can help keep your brain cells healthy.

Go for a brisk walk, or dance in your living room to get your heart rate going. Fuelling your body and brain with a well-balanced diet will also help to keep you going strong.



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QUESTION 7

Smoking is a risk factor for dementia.



True

OR

False



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QUESTION 7

Smoking is a risk factor for dementia.

TRUE

Research shows that people who smoke have a 60% increased risk of developing dementia.

Avoiding smoking is one way to help reduce your risk of dementia and stopping smoking, even in later life, may also help to reduce this risk.



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QUESTION 8

Which of the following is a risk factor for dementia?

Air pollution

Hearing loss

High blood pressure

All of the above



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QUESTION 8

Which of the following is a risk factor for dementia?

ALL OF THE ABOVE.

Decreasing your exposure to air pollution when possible, protecting yourself from hearing loss by wearing ear protection when you can't avoid excessive noise, and preventing and managing health conditions like high blood pressure may help reduce the risk of dementia.



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QUESTION 9

People with certain chronic health conditions, such as diabetes and high blood pressure, are at higher risk of developing dementia.



True

OR

False



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QUESTION 9

People with certain chronic health conditions, such as diabetes and high blood pressure, are at higher risk of developing dementia.

TRUE

Research shows that people who have diabetes or high blood pressure have an increased risk of developing dementia (50% and 60% respectively).

< Being physically active, having a healthy diet, avoiding smoking and excessive alcohol consumption, getting enough sleep and reducing stress can all help to prevent or manage chronic health conditions like diabetes and high blood pressure that are linked to a higher risk of dementia. >



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QUESTION 10

There is a cure for dementia.



True

OR

False



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QUESTION 10

There is a cure for dementia.

FALSE

There is currently no cure for dementia, but there are actions that may help to reduce the risk.

< A healthy lifestyle, including challenging your brain by engaging in new activities like learning a new dance routine, reading a book on a new topic or a new language can help reduce the risk of dementia. >



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Taking this quiz is a great first step in learning about dementia risk factors and how you can help reduce the risk. Find out more [here](#).



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