

100-Question Multiple-Choice Quiz About Alzheimer's and Dementia

1. What is dementia?

- A. A specific disease
- B. A group of symptoms affecting memory and thinking
- C. A normal part of aging
- D. A temporary illness

2. What is the most common cause of dementia?

- A. Parkinson's disease
- B. Stroke
- C. Alzheimer's disease
- D. Huntington's disease

3. Which part of the brain is first affected in Alzheimer's disease?

- A. Cerebellum
- B. Hippocampus
- C. Brainstem
- D. Occipital lobe

4. Which symptom is usually seen early in Alzheimer's disease?

- A. Sudden paralysis
- B. Short-term memory loss
- C. Complete blindness
- D. Hearing loss

5. Which protein forms plaques in Alzheimer's disease?

- A. Dopamine
- B. Beta-amyloid
- C. Hemoglobin
- D. Insulin

6. Which protein forms tangles in Alzheimer's disease?

- A. Tau
- B. Calcium
- C. Albumin
- D. Myelin

7. What is a major risk factor for Alzheimer's disease?

- A. Youth
- B. Aging
- C. Blue eyes
- D. Height

8. Which lifestyle factor may reduce dementia risk?

- A. Smoking
- B. Physical exercise
- C. Sleep deprivation
- D. Heavy alcohol use

9. What type of dementia is caused by reduced blood flow to the brain?

- A. Lewy body dementia
- B. Frontotemporal dementia
- C. Vascular dementia
- D. Creutzfeldt-Jakob disease

10. Which symptom is common in vascular dementia?

- A. Gradual memory decline only
- B. Stepwise decline in thinking abilities
- C. Hair loss
- D. Skin discoloration

11. What is sundowning?

- A. Improved memory at night
- B. Increased confusion in the evening
- C. Morning headaches

D. Sudden paralysis

12. Which test is commonly used to screen for cognitive impairment?

- A. X-ray
- B. Mini-Mental State Examination (MMSE)
- C. Electrocardiogram
- D. Stress test

13. What does MRI stand for?

- A. Memory Recall Imaging
- B. Magnetic Resonance Imaging
- C. Mental Reaction Indicator
- D. Magnetic Response Investigation

14. Which symptom is more typical of Lewy body dementia?

- A. Kidney stones
- B. Visual hallucinations
- C. Broken bones
- D. Hearing loss

15. Which neurotransmitter is reduced in Alzheimer's disease?

- A. Acetylcholine
- B. Adrenaline
- C. Histamine
- D. Serotonin only

16. Which medication may help symptoms of Alzheimer's disease?

- A. Ibuprofen
- B. Donepezil
- C. Penicillin
- D. Morphine

17. What is mild cognitive impairment (MCI)?

- A. Severe dementia
- B. Slight but noticeable decline in cognition
- C. A mental illness
- D. Complete memory loss

18. Can people with MCI develop Alzheimer's disease?

- A. No
- B. Yes
- C. Only children
- D. Only athletes

19. Which vitamin deficiency can mimic dementia symptoms?

- A. Vitamin B12 deficiency
- B. Vitamin C deficiency
- C. Vitamin K deficiency
- D. Vitamin E deficiency

20. Depression in older adults can sometimes be mistaken for:

- A. Asthma
- B. Dementia
- C. Diabetes
- D. Arthritis

21. What is aphasia?

- A. Difficulty speaking or understanding language
- B. Difficulty walking
- C. Difficulty swallowing
- D. Difficulty sleeping

22. What is apraxia?

- A. Vision loss
- B. Inability to perform learned movements
- C. Memory improvement

D. Increased appetite

23. What is agnosia?

A. Inability to recognize objects or people

B. Muscle weakness

C. Hearing improvement

D. Tooth pain

24. Which dementia often affects personality first?

A. Frontotemporal dementia

B. Vascular dementia

C. Alzheimer's disease

D. Creutzfeldt-Jakob disease

25. Which behavior may appear in dementia patients?

A. Wandering

B. Improved balance

C. Increased athletic performance

D. Perfect memory

26. Which sense is commonly affected less in early Alzheimer's disease?

A. Memory

B. Reasoning

C. Long-term procedural skills

D. Orientation

27. What is a caregiver?

A. A type of medicine

B. A person who assists someone with illness or disability

C. A brain scan

D. A surgery

28. Which communication technique is helpful with dementia patients?

- A. Speaking rapidly
- B. Using short, simple sentences
- C. Arguing about mistakes
- D. Ignoring the person

29. What is the purpose of a memory care unit?

- A. Sports training
- B. Specialized care for people with dementia
- C. Dental treatment
- D. Vision therapy

30. Which imaging test uses radioactive tracers to study brain activity?

- A. PET scan
- B. Ultrasound
- C. Mammogram
- D. Colonoscopy

31. What is disorientation?

- A. Improved navigation skills
- B. Confusion about time, place, or identity
- C. Increased hearing ability
- D. Fast reflexes

32. Which factor may increase dementia risk?

- A. High blood pressure
- B. Reading books
- C. Exercise
- D. Social activity

33. Which type of dementia is linked to Parkinson-like symptoms?

- A. Lewy body dementia
- B. Vascular dementia
- C. Alcohol-related dementia
- D. Huntington's disease only

34. Which sleep disorder is common in Lewy body dementia?

- A. Sleepwalking only
- B. REM sleep behavior disorder
- C. Narcolepsy only D
- D. Insomnia only

35. Which activity may support brain health?

- A. Social engagement
- B. Smoking
- C. Drug abuse
- D. Isolation

36. Which symptom is associated with advanced Alzheimer's disease?

- A. Ability to live independently easily
- B. Difficulty swallowing
- C. Improved concentration
- D. Enhanced athletic ability

37. What is delirium?

- A. A slow progressive memory loss
- B. Sudden confusion often caused by illness
- C. A personality trait
- D. A permanent condition only

38. Can dementia be cured?

- A. Always
- B. Never under any circumstances
- C. Most types currently cannot be cured

D. Only with antibiotics

39. Which type of dementia may improve if the cause is treated?

- A. Reversible dementia
- B. Alzheimer's disease
- C. Huntington's disease
- D. Creutzfeldt-Jakob disease

40. Which gene is associated with increased Alzheimer's risk?

- A. APOE-e4
- B. ABO
- C. BRCA1
- D. Rh factor

41. Early-onset Alzheimer's disease occurs before what age?

- A. 90
- B. 80
- C. 65
- D. 50

42. Which daily task may become difficult early in dementia?

- A. Complex financial management
- B. Breathing
- C. Hair growth
- D. Sneezing

43. Which condition can increase vascular dementia risk?

- A. Diabetes
- B. Healthy sleep
- C. Meditation
- D. Hydration

44. Which statement about aging and dementia is true?

- A. Dementia is a normal part of aging
- B. Dementia only affects young adults
- C. Dementia is not a normal part of aging
- D. Everyone develops dementia eventually

45. Which professional may diagnose dementia?

- A. Neurologist
- B. Veterinarian
- C. Optician
- D. Plumber

46. What is executive function?

- A. Physical strength only
- B. Brain skills for planning and organizing
- C. Hair growth control
- D. Bone density

47. Which symptom may appear in frontotemporal dementia?

- A. Inappropriate social behavior
- B. Improved judgment
- C. Better concentration
- D. Perfect speech

48. Which dementia progresses rapidly and is rare?

- A. Creutzfeldt-Jakob disease
- B. Alzheimer's disease
- C. Vascular dementia
- D. Mild cognitive impairment

49. Which environmental adjustment may help dementia patients?

- A. Cluttered rooms
- B. Consistent routines
- C. Loud noise
- D. Frequent furniture changes

50. Which symptom is common in moderate Alzheimer's disease?

- A. Difficulty recognizing family members
- B. Total independence
- C. Excellent memory
- D. Perfect navigation skills

51. What is cognition?

- A. Digestion
- B. Mental processes such as thinking and memory
- C. Muscle movement only
- D. Breathing control

52. Which nutrient-rich diet is linked to better brain health?

- A. Mediterranean diet
- B. Candy-only diet
- C. High-sugar diet
- D. Fried-food-only diet

53. Which behavior should caregivers generally avoid?

- A. Reassurance
- B. Arguing with the patient
- C. Patience
- D. Calm communication

54. What is a common emotional symptom in dementia?

- A. Anxiety
- B. Superhuman memory
- C. Instant learning
- D. Enhanced vision

55. Which activity may help maintain cognition?

- A. Mental stimulation

- B. Isolation
- C. Drug misuse
- D. Sleep deprivation

56. What is anosognosia?

- A. Awareness of memory problems
- B. Lack of awareness of deficits
- C. Improved coordination
- D. Enhanced hearing

57. Which dementia symptom can create safety concerns at home?

- A. Wandering
- B. Improved memory
- C. Faster reflexes
- D. Better judgment

58. What is one goal of dementia treatment?

- A. Immediate cure in all cases
- B. Slowing symptom progression
- C. Reversing all aging
- D. Increasing confusion

59. Which healthcare professional may assist with daily living skills?

- A. Occupational therapist
- B. Mechanic
- C. Pilot
- D. Architect

60. Which condition may coexist with dementia?

- A. Depression
- B. Broken fingernails
- C. Color blindness only
- D. Tooth sensitivity only

61. Which type of memory is often affected first in Alzheimer's disease?

- A. Long-term childhood memories
- B. Short-term memory
- C. Muscle memory only
- D. Genetic memory

62. Which legal document allows someone to make healthcare decisions for another person?

- A. Driver's license
- B. Medical power of attorney
- C. Library card
- D. Passport

63. What is one common trigger for agitation in dementia?

- A. Overstimulation
- B. Calm music
- C. Familiar surroundings
- D. Rest

64. Which symptom may affect eating in dementia?

- A. Difficulty using utensils
- B. Improved appetite control
- C. Perfect coordination
- D. Enhanced taste

65. Which statement about genetics and Alzheimer's disease is true?

- A. Genetics never play a role
- B. Some genes can increase risk
- C. Only injuries cause Alzheimer's disease
- D. It is always inherited

66. Which imaging finding may appear in Alzheimer's disease?

- A. Brain atrophy
- B. Enlarged muscles
- C. Bone fractures
- D. Kidney enlargement

67. What is the primary purpose of cholinesterase inhibitors?

- A. Cure infections
- B. Increase acetylcholine levels
- C. Lower blood sugar only
- D. Treat fractures

68. Which symptom may indicate advanced dementia?

- A. Loss of mobility
- B. Improved speech
- C. Better memory
- D. Increased independence

69. Which factor may protect against cognitive decline?

- A. Lifelong learning
- B. Chronic sleep loss
- C. Smoking
- D. Social isolation

70. Which dementia type often fluctuates in alertness?

- A. Lewy body dementia
- B. Frontotemporal dementia
- C. Vascular dementia only
- D. Huntington's disease only

71. What is one sign of caregiver burnout?

- A. Constant energy
- B. Emotional exhaustion
- C. Improved sleep only

D. Increased free time

72. Which support resource may help caregivers?

- A. Support groups
- B. Isolation
- C. Avoiding medical advice
- D. Ignoring stress

73. Which medical condition can worsen dementia symptoms temporarily?

- A. Urinary tract infection
- B. Healthy diet
- C. Exercise
- D. Adequate sleep

74. Which term describes repeated questions due to memory loss?

- A. Perseveration
- B. Hypertension
- C. Hydration
- D. Paralysis

75. Which activity may reduce fall risk in dementia patients?

- A. Home safety modifications
- B. Loose rugs everywhere
- C. Poor lighting
- D. Cluttered hallways

76. What is one reason diagnosis may be delayed?

- A. Symptoms can resemble normal aging
- B. Brain scans are illegal
- C. Dementia appears instantly in all cases
- D. Patients always report symptoms immediately

77. Which cognitive skill helps people manage schedules and tasks?

- A. Executive function
- B. Digestion
- C. Reflexes only
- D. Bone growth

78. Which symptom is associated with severe dementia?

- A. Inability to communicate effectively
- B. Improved independence
- C. Better concentration
- D. Increased athletic performance

79. Which test may assess daily functioning?

- A. Functional assessment
- B. Vision chart only
- C. Hearing test only
- D. Pregnancy test

80. Which statement about Alzheimer's disease progression is true?

- A. Symptoms usually worsen over time
- B. Symptoms disappear permanently
- C. Everyone progresses identically
- D. It affects only memory

81. Which activity can support emotional well-being in dementia?

- A. Music therapy
- B. Constant isolation
- C. Sleep deprivation
- D. Excessive stress

82. Which type of dementia may result from repeated head injuries?

- A. Chronic traumatic encephalopathy
- B. Alzheimer's disease only

- C. Diabetes-related dementia only
- D. Infectious dementia only

83. What is one common symptom of frontotemporal dementia?

- A. Language difficulties
- B. Improved social skills
- C. Enhanced memory only
- D. Better balance

84. Which habit is associated with increased dementia risk?

- A. Smoking
- B. Exercise
- C. Healthy diet
- D. Social interaction

85. Which stage of Alzheimer's disease may require full-time care?

- A. Late stage
- B. Preclinical stage only
- C. Mild stage only
- D. Earliest stage only

86. Which symptom may affect driving ability in dementia?

- A. Poor judgment
- B. Improved reaction time
- C. Better navigation
- D. Enhanced focus

87. What is person-centered care?

- A. Focusing only on disease symptoms
- B. Respecting the individual's preferences and needs
- C. Ignoring emotional needs
- D. Using the same routine for everyone

88. Which symptom may cause difficulty dressing?

- A. Apraxia
- B. Improved coordination
- C. Better concentration
- D. Enhanced memory

89. Which organization provides information and support for Alzheimer's disease?

- A. Alzheimer's Association
- B. National Weather Service
- C. NASA only
- D. Postal Service

90. Which medical issue may increase confusion in older adults?

- A. Dehydration
- B. Exercise
- C. Good nutrition
- D. Adequate sleep

91. Which symptom often affects communication in dementia?

- A. Word-finding difficulty
- B. Enhanced vocabulary
- C. Perfect speech
- D. Increased reading speed

92. Which strategy may help with memory problems?

- A. Using calendars and reminders
- B. Avoiding routines
- C. Constant multitasking
- D. Ignoring appointments

93. Which emotion may caregivers commonly experience?

- A. Stress
- B. Permanent happiness only

- C. No fatigue ever
- D. Complete relaxation always

94. Which dementia symptom may increase at night?

- A. Confusion
- B. Athletic ability
- C. Memory improvement
- D. Vision enhancement

95. Which brain function is commonly impaired in dementia?

- A. Decision-making
- B. Fingernail growth
- C. Blood type
- D. Eye color

96. Which intervention may help reduce agitation?

- A. Calm environment
- B. Loud television
- C. Frequent arguments
- D. Chaotic schedules

97. Which symptom may occur in later-stage dementia?

- A. Incontinence
- B. Improved independence
- C. Better concentration
- D. Enhanced balance

98. Which factor is important in dementia prevention?

- A. Managing cardiovascular health
- B. Smoking heavily
- C. Avoiding exercise
- D. Chronic stress only

99. Which professional can help evaluate memory and thinking problems?

- A. Neuropsychologist
- B. Carpenter
- C. Chef
- D. Electrician

100. What is the overall goal of dementia care?

- A. Punishment
- B. Improving quality of life and safety
- C. Ignoring symptoms
- D. Isolating patients completely