

World Alzheimer's Day Quiz

1. When is World Alzheimer's Day observed?

- ☐ a) September 10
- ☐ b) September 15
- ☐ c) September 21
- ☐ d) September 25

(Answer: c) September 21)

2. Which organization is most associated with leading global efforts on Alzheimer's awareness?

- ☐ a) WHO
- ☐ b) Alzheimer's Disease International (ADI)
- ☐ c) UNESCO
- ☐ d) UNICEF

(Answer: b) Alzheimer's Disease International (ADI))

3. In which year was World Alzheimer's Day first launched?

- ☐ a) 1990
- ☐ b) 1994
- ☐ c) 2000
- ☐ d) 2005

(Answer: b) 1994)

4. World Alzheimer's Day coincides with which awareness month?

- ☐ a) World Health Month
- ☐ b) Brain Health Month
- ☐ c) World Alzheimer's Month
- ☐ d) Memory Care Month

(Answer: c) World Alzheimer's Month)

5. Alzheimer's disease is the most common cause of which condition?

- ☐ a) Parkinson's
- ☐ b) Dementia
- ☐ c) Stroke
- ☐ d) Epilepsy

(Answer: b) Dementia)

6. Who first described Alzheimer's disease in 1906?

- ☐ a) Alois Alzheimer
- ☐ b) Sigmund Freud
- ☐ c) Carl Jung

- ☐ d) Hans Berger
- (Answer: a) Alois Alzheimer)

7. Which of the following is an early symptom of Alzheimer's disease?

- ☐ a) Sudden paralysis
 - ☐ b) Memory loss
 - ☐ c) Loss of appetite
 - ☐ d) Severe headache
- (Answer: b) Memory loss)

8. Which age group is most at risk of Alzheimer's disease?

- ☐ a) Below 30 years
 - ☐ b) 30–45 years
 - ☐ c) 45–60 years
 - ☐ d) Above 65 years
- (Answer: d) Above 65 years)

9. Which part of the brain is most affected by Alzheimer's disease?

- ☐ a) Cerebellum
 - ☐ b) Hippocampus
 - ☐ c) Brainstem
 - ☐ d) Hypothalamus
- (Answer: b) Hippocampus)

10. What type of protein buildup is commonly linked with Alzheimer's disease?

- ☐ a) Hemoglobin
 - ☐ b) Amyloid plaques
 - ☐ c) Insulin
 - ☐ d) Myelin
- (Answer: b) Amyloid plaques)

11. What is the global symbol used to represent Alzheimer's awareness?

- ☐ a) Red ribbon
 - ☐ b) Blue flower
 - ☐ c) Purple ribbon
 - ☐ d) White dove
- (Answer: c) Purple ribbon)

12. Which lifestyle factor can help lower the risk of Alzheimer's?

- ☐ a) Physical exercise
 - ☐ b) Smoking
 - ☐ c) High sugar intake
 - ☐ d) Stress
- (Answer: a) Physical exercise)

13. Approximately how many people worldwide live with dementia?

- ☐ a) 20 million
- ☐ b) 30 million
- ☐ c) 50 million
- ☐ d) 70 million

(Answer: c) 50 million)

14. Which continent has the fastest-growing population of people with dementia?

- ☐ a) Europe
- ☐ b) Africa
- ☐ c) Asia
- ☐ d) South America

(Answer: c) Asia)

15. What is the main purpose of World Alzheimer's Day?

- ☐ a) To raise funds for hospitals
- ☐ b) To raise awareness and fight stigma
- ☐ c) To celebrate caregivers only
- ☐ d) To promote new languages

(Answer: b) To raise awareness and fight stigma)

