

*Alzheimer's*  
**RISK QUIZ**



**SOLCERE™**

**THANK YOU FOR DOWNLOADING THIS RESOURCE! TAKING THE TIME TO UNDERSTAND YOUR ALZHEIMER'S RISK FACTORS IS AN EMPOWERING FIRST STEP TOWARD PROTECTING YOUR BRAIN HEALTH AND OVERALL WELL-BEING.**

WHILE SOME RISKS ARE NON-MODIFIABLE, MANY OTHERS ARE WITHIN YOUR CONTROL, OFFERING A UNIQUE OPPORTUNITY TO POSITIVELY INFLUENCE YOUR FUTURE.

**THIS QUIZ IS DESIGNED TO HELP YOU IDENTIFY KEY FACTORS THAT MAY IMPACT YOUR COGNITIVE HEALTH.** BY ADDRESSING MODIFIABLE RISKS LIKE LIFESTYLE CHOICES, ENVIRONMENTAL EXPOSURES, AND MEDICAL CONDITIONS, YOU CAN SIGNIFICANTLY REDUCE YOUR CHANCES OF DEVELOPING ALZHEIMER'S AND OTHER AGE-RELATED DISEASES.

**REMEMBER, THIS IS NOT ABOUT JUDGMENT OR FEAR—IT'S ABOUT KNOWLEDGE AND ACTION.** EVERY STEP YOU TAKE TOWARD HEALTHIER HABITS, FROM IMPROVING YOUR DIET TO MANAGING STRESS OR STAYING PHYSICALLY ACTIVE, CONTRIBUTES TO A STRONGER, MORE RESILIENT BRAIN.

WHETHER YOU'VE CHECKED JUST A FEW RISK FACTORS OR SEVERAL, THERE ARE STRATEGIES AND TOOLS AVAILABLE TO SUPPORT YOU. WITHIN THIS GUIDE, YOU'LL FIND ACTIONABLE INSIGHTS AND RECOMMENDATIONS TO HELP YOU START MAKING MEANINGFUL CHANGES TODAY.\*

**YOU'RE NOT ALONE ON THIS JOURNEY. BY BECOMING INFORMED AND PROACTIVE, YOU'RE INVESTING IN A BRIGHTER, HEALTHIER FUTURE FOR YOURSELF AND YOUR LOVED ONES. LET'S TAKE THIS STEP TOGETHER!**

*Dr. Heather Sandison*

COMPLETING THE ALZHEIMER'S RISK QUIZ IS SIMPLE AND INSIGHTFUL.

BEGIN BY REVIEWING EACH QUESTION CAREFULLY, AND CHECK EVERY RISK FACTOR THAT APPLIES TO YOU.

ONCE YOU'VE GONE THROUGH THE LIST, TALLY THE TOTAL NUMBER OF BOXES YOU'VE MARKED. YOUR SCORE WILL GIVE YOU A SENSE OF YOUR CURRENT RISK LEVEL.

THEN, REFER TO THE ACTION STEPS PROVIDED AT THE BOTTOM OF THE QUIZ TO DISCOVER PRACTICAL WAYS TO ADDRESS MODIFIABLE RISK FACTORS AND SUPPORT YOUR BRAIN HEALTH.

REMEMBER, THIS QUIZ ISN'T ABOUT A DIAGNOSIS—IT'S A TOOL TO EMPOWER YOU WITH KNOWLEDGE AND GUIDE YOU TOWARD MEANINGFUL, PREVENTATIVE ACTIONS.\*

# NON-MODIFIABLE RISK FACTORS



BORN BEFORE 1960



FEMALE



APOE4 POSITIVE

# MODIFIABLE RISK FACTORS

- DO YOU HAVE UNCORRECTED VISION LOSS?
- DO YOU HAVE HIGH LEVELS OF LDL ON YOUR MOST RECENT CHOLESTEROL TESTING?
- HAVE YOU EVER HAD A CONCUSSION OR HEAD INJURY THAT CAUSED YOU TO LOSE CONSCIOUSNESS?
- HAVE YOU WALKED FEWER THAN 10,000 STEPS PER DAY OVER THE LAST 7 DAYS?
- ARE YOU A SMOKER?
- HAVE YOU HAD AN ALCOHOLIC DRINK DAILY OR MORE THAN 7 DRINKS IN THE LAST 7 DAYS?
- DO YOU HAVE BLOOD PRESSURE READINGS HIGHER THAN 140/85 MORE THAN ONCE PER WEEK?
- ARE YOU OVERWEIGHT?
- DO YOU HAVE PRE-DIABETES OR DIABETES?
- DO YOU HAVE UNTREATED HEARING LOSS?
- DO YOU FEEL DEPRESSED MORE THAN 3 DAYS PER WEEK?
- DO YOU FEEL LONELY OR ISOLATED MORE THAN 3 DAYS PER WEEK?
- ARE YOU EXPOSED TO AIR POLLUTION LIKE PROXIMITY TO A FREEWAY, AIRPORT OR WATER DAMAGED BUILDING?
- DID YOU STOP FORMAL EDUCATION AT THE END OF HIGH SCHOOL OR BEFORE?
- DO YOU HAVE UNTREATED SLEEP APNEA OR WAKE UP FEELING TIRED IN THE MORNING?

# TOTAL SCORE:



**IF YOU'VE CHECKED 0-5,** YOU MAY HAVE A LOWER RISK OF DEVELOPING ALZHEIMER'S DISEASE. THAT SAID, IT'S ALWAYS IMPORTANT TO PROTECT YOUR BRAIN HEALTH, SO EXPLORE OUR LIBRARY OF RESOURCES ON [OUR BLOG](#).

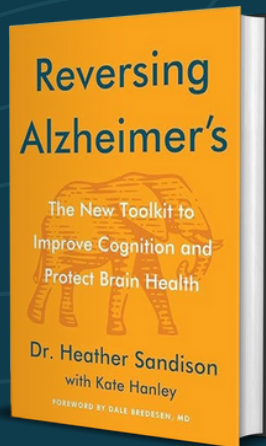
**IF YOU'VE CHECKED 6-8,** YOU MAY BE AT A SLIGHTLY ELEVATED RISK OF DEVELOPING ALZHEIMER'S DISEASE. MY BOOK [REVERSING ALZHEIMER'S](#) PROVIDES INSIGHTFUL INFORMATION ON PREVENTING AND REVERSING DEMENTIA.

**IF YOU'VE CHECKED 9-12** OF THESE RISK FACTORS, YOU MAY BE AT AN ELEVATED RISK OF DEVELOPING ALZHEIMER'S DISEASE. MAKE SURE YOU TAKE ACTION TO PROTECT YOUR BRAIN HEALTH. WITH MY [AT HOME COURSE](#), YOU'LL BE PROVIDED WITH A STEP-BY-STEP COGNITIVE CARE PROTOCOL FOR DEMENTIA.

**IF YOU'VE CHECKED MORE THAN 12 OF THESE RISK FACTORS,** IT'S IMPORTANT TO TAKE ACTION EARLY TO PROTECT YOUR BRAIN. YOU DON'T HAVE TO DO IT ALONE. [CONTACT US AT SOLCERE](#) TO LEARN MORE ABOUT BECOMING A PATIENT.

*\*THIS QUIZ IS NOT DESIGNED TO REPLACE ANY CLINICAL CARE WITH YOUR PROVIDER OR PROVIDE A DIAGNOSIS. PLEASE CONSULT WITH YOUR HEALTHCARE PROVIDER REGARDING ANY OF YOUR CONCERNS.*

# ADDITIONAL RESOURCES:



## REVERSING ALZHEIMER'S BY DR. HEATHER SANDISON

PURCHASE YOUR COPY AT  
[REVERSINGALZHEIMERSBOOK.COM](http://REVERSINGALZHEIMERSBOOK.COM)



## REVERSING ALZHEIMER'S COURSE

REGISTER AT  
[MARAMAATHOME.COM](http://MARAMAATHOME.COM)



## SOLCERE CLINIC

CONTACT THE CLINIC AT  
[SOLCERE.COM/CONTACT-US/](http://SOLCERE.COM/CONTACT-US/)

## MORE FROM DR. HEATHER SANDISON

VISIT [DRHEATHERSANDISON.COM](http://DRHEATHERSANDISON.COM)

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