Dementia: Module 2

Ageing and prevention of age-related cognitive impairment

CPD QUESTIONNAIRE

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First Name		**Profession**	
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1. The most common form of dementia is AD, which accounts for:

☐ **A** 60-80% of cases ☐ **B** 50-60% of cases ☐ **C** 40-50% of cases ☐ **D** 30-40% of cases

2. The proteinopathy of AD is characterised by:

☐ **A** Amyloid-β peptide and tau
☐ **B** Amyloid peptide and α-synuclein
☐ **C** Amyloid protein and glial fibrillary acidic protein
☐ **D** Amyloid peptide, tau, α-synuclein and glial fibrillary acidic protein

3. The most important genetic risk factor associated with sporadic late-onset AD is:

☐ **A** Apolipoprotein E ☐ **B** Apolipoprotein B ☐ **C** Apolipoprotein CII ☐ **D** PSEN

4. A biomarker of AD present in the CSF is:

☐ **A** Apolipoprotein AI ☐ **B** Apolipoprotein AII ☐ **C** Amyloid-βP42 ☐ **D** Apolipoprotein CIII

5. Which of the following is not one of the nine major hallmarks of ageing?

☐ **A** Telomere attrition ☐ **B** Loss of proteostasis ☐ **C** DNA methylation ☐ **D** Protein phosphorylation

6. Which of the following is a major metabolic pathway that influences the rate of ageing?

☐ **A** AP2/ERF ☐ **B** WRKY ☐ **C** TFIIFβ2 ☐ **D** FOXO3/Sirtuin

7. What percentage of cognitively unimpaired people will have biomarkers for tau in their CSF?

☐ **A** 2% ☐ **B** 12% ☐ **C** 18% ☐ **D** 30%

8. Neurofibrillary tangles, Lewy bodies and amyloid-β proteins are found together in which type of dementia?

☐ **A** Neurofibrillary tangle type ☐ **B** Pathological ageing ☐ **C** AD ☐ **D** Parkinson's disease dementia

9. Exceptional longevity has been linked to specific genes including:

☐ **A** TOMM40-APOE-APOC1 ☐ **B** LMNA ☐ **C** CFTR ☐ **D** APOB and LDLRAP

10. Mutations in which of the following genes are associated with Hutchinson-Gilford progeria?

☐ **A** MLH1 ☐ **B** LMNA ☐ **C** PTEN ☐ **D** RAD51D

11. Which protein, when combined with amyloid-β protein, causes synapse destruction in AD?

☐ **A** Glial fibrillary acidic protein ☐ **B** Fyn ☐ **C** Synaptophysin ☐ **D** Aquaporin 4

12. Which of the following is an investigational anti-inflammatory agent for the treatment of AD?

☐ **A** Cebranopadol ☐ **B** Difelikefalin ☐ **C** Cenobamate ☐ **D** Sargramostin

13. In the Blue Zone project, which of the following was not a lifestyle factor common to geographical areas with the greatest longevity?

☐ **A** Environment requiring unavoidable natural physical activity
☐ **B** The last meal of the day is the smallest
☐ **C** Drinking at least 2½ litres of water a day
☐ **D** Membership of a faith-based community

14. An anti-inflammatory diet suggests one should reduce consumption of:

☐ **A** Whole grains ☐ **B** Yoghurt and cheese ☐ **C** Eggs ☐ **D** Butter

15. Which of the following foods might be beneficial to slow the rate of cognitive decline?

☐ **A** Saffron ☐ **B** Star anise ☐ **C** Basil ☐ **D** Turmeric

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