



5 questions to ask your doctor about obesity as a risk factor for Alzheimer’s disease

Talking to your doctor about the increased risk of developing Alzheimer’s disease due to midlife obesity can be overwhelming. But it can be helpful to bring along a list of questions that you want to ask, so you don’t miss out on any important information. You can also ask to take a family member or friend along with you for support. Here are some questions to take with you on your next doctor’s appointment and some space for you to note down their answers.

General information

Doctor’s name: _____

Doctor’s contact info: _____

My list of medications: _____

Questions

1. What could I possibly do to lower the increased risk of dementia in later life?

2. As someone with overweight or obesity, do you recommend me to undergo a cognitive screening and how often should i repeat it?

3. What tests can you do to rule out normal ageing?

4. If I have cognitive symptoms, will you be my main doctor, or will you refer me to any specialists?

5. How does Alzheimer’s disease progress and how is the condition expected to advance?

Notes
