

## PRIMARY CARE DEMENTIA RISK INVENTORY

This inventory is a brief list of known risk factors for developing dementia in middle aged and older individuals. This checklist incorporates individual risk factors which may increase the likelihood of developing intellectual loss in older patients. The checklist has not been validated as a predictive instrument; however, this document may be of assistance to the physician in gathering a complete cognitive history.

|     | <b>CHRONIC SYMPTOMS OR DISEASES (extending multiple years)</b>                               | <b>Check (✓)<br/>if “Yes”</b> |
|-----|--|-------------------------------|
| 1.  | Does the patient have a memory disorder?   |                               |
| 2.  | Does the patient have metabolic syndrome?  |                               |
| 3.  | Does the patient have significant heart disease with ejection fraction below 30%?            |                               |
| 4.  | Does the patient walk less than thirty minutes and exercise less than three times per week?  |                               |
| 5.  | Does the patient have poorly controlled diabetes or persistently high hemoglobin A1c?        |                               |
| 6.  | Does the patient drink more than two ounces of alcohol per day on a regular basis?           |                               |
| 7.  | Does the patient have long term central obesity?   |                               |
| 8.  | Does the patient have untreated or poorly controlled chronic high blood pressure?            |                               |
| 9.  | Does the patient have a history of severe recurrent past depression requiring hospital care? |                               |
| 10. | Does the patient have an impoverished intellectual and spiritual life?                       |                               |
| 11. | Does the patient have close family members with dementia?                                    |                               |
| 12. | Does the patient have a close family member who developed dementia prior to the age of 60?   |                               |

**More positive answers indicate a higher number of risk factors.**