



Monthly QUIZ *Answers*

TEST YOUR KNOWLEDGE ON A VARIETY OF WELLNESS TOPICS

- 1** Key elements of a comprehensive dilated eye examination include dilation, tonometry, visual field test and a _____.

 - a. blinking test
 - b. visual acuity test**
 - c. spot test
- 2** Bedding such as thick blankets, quilts, and pillows can block an infant’s airway, leading to unintentional sleep-related suffocation.

True False
- 3** When plaque builds up in the body’s arteries, the condition is called _____.

 - a. atherosclerosis**
 - b. cholesterol
 - c. high blood pressure
- 4** The most common symptoms of IBS include pain or discomfort in your esophagus—the area between your chest and hips—and changes in your bowel habits.

True **False— The most common symptoms of IBS include pain or discomfort in your abdomen—the area between your chest and hips—and changes in your bowel habits.**
- 5** _____ is a test that helps detect glaucoma.

 - a. Tonometry**
 - b. Visual distinction
 - c. Visiontomogy
- 6** Most SIDS deaths happen when babies are between 1 month and 4 months of age.

True False
- 7** Allergies are a main risk factor for P.A.D. If you have allergies, your risk of P.A.D. increases up to four times.

True **False— Smoking is the main risk factor for P.A.D. If you smoke or have a history of smoking, your risk of P.A.D. increases up to four times**
- 8** You may have IBS if

 - a. you have had symptoms at least three times a month for the past 3 months
 - b. your symptoms first started at least 6 months ago
 - c. you have occasional stomach cramps followed by a fever
 - d. all of the above
 - e. Both a and b**