



# Monthly QUIZ

ANSWERS

TEST YOUR KNOWLEDGE ON A VARIETY OF WELLNESS TOPICS

- 1** After a cancer diagnosis, your new normal may include:

  - a. Making changes in the way you eat and the things you do
  - b. New or different sources of support
  - c. Permanent scars on your body
  - d. Not being able to do some things you used to do more easily
  - e. All of the above**
  
- 2** NIHL can be caused by a one-time exposure to an intense \_\_\_\_\_ sound, such as an explosion, or by continuous exposure to loud sounds over an extended period of time, such as noise generated in a woodworking shop.

  - a. “impulse”**
  - b. “boom”
  - c. “crack”
  
- 3** About 80 percent of adults experience low back pain at some point in their lifetimes.

**True**     False
  
- 4** \_\_\_\_\_ often begins as a growth called a polyp, which may form on the inner wall of the colon or rectum.

  - a. Breast cancer
  - b. Lung cancer
  - c. Colorectal cancer**
  
- 5** It’s uncommon for people to feel a lack of control over their lives or have trouble trusting their bodies after a cancer diagnosis.

True     **False**—It’s **common** for people to feel a lack of control over their lives or have trouble trusting their bodies after a cancer diagnosis.
  
- 6** Approximately \_\_\_\_\_ percent of Americans between the ages of 20 and 69—or 26 million Americans—have hearing loss that may have been caused by exposure to noise at work or in leisure activities.

  - a. 30
  - b. 15**
  - c. 20
  
- 7** Subacute low back pain is defined as pain that lasts between 4 and 12 weeks.

**True**     False
  
- 8** Colorectal cancer is the fifth most common type of cancer in men and women in the United States.

True     **False**—Colorectal cancer is the **third** most common type of cancer in men and women in the United States.