WELCOA HEALTH BULLETINS

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February Quiz

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Monthly Quiz

TEST YOUR KNOWLEDGE ON A VARIETY OF WELLNESS TOPICS

1 **About 6.7 percent of U.S. adults ages 18 and older have depression.**

☐ True ☐ False

2 **Before people develop type 2 diabetes, they usually have_____—that means their blood glucose levels are higher than normal, but not yet high enough to be called diabetes.**

☐
a. hypertension
b. lactose intolerance
c. "pre-diabetes"

3 **Inadequate _____ significantly contributes to the development of osteoporosis.**

☐
a. calcium
b. iron
c. magnesium

4 **Experts believe that more than one out of 10 Americans, sometime in their lives, will experience an episode of dizziness significant enough to send them to a doctor.**

☐ True ☐ False

5 **Heart disease refers to a number of illnesses that affect your heart and nearby _____.**

☐
a. nerve cells
b. blood vessels
c. muscles

6 **Diabetes is a serious disease in which _____ levels are above normal.**

☐
a. white blood cells
b. blood glucose (blood sugar)
c. t-cells

7 **You can get vitamin D in three ways: through the skin, from the diet, and from supplements.**

☐ True ☐ False

8 **If you have a balance disorder, you may stagger when you try to walk, or teeter or fall when you try to stand up. You might experience other symptoms such as:**

☐
a. Dizziness or vertigo (a spinning sensation)
b. Falling or feeling as if you are going to fall
c. Neither a or b
d. Both a and b