EIN: _____

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September Quiz

0 / 8 correct

Monthly Quiz

TEST YOUR KNOWLEDGE ON A VARIETY OF WELLNESS TOPICS

1 Infertility is a fairly common condition. It affects about 1 in _____ couples who are trying to have a baby.

a. 3
b. 6
c. 10

2 One key player in age-related changes is a chemical called _____, which helps your brain tell you to stop eating.

a. peptin
b. leptin
c. melatonin

3 Stroke is a leading cause of death in the country and causes more serious long-term disabilities than any other disease.

True False

4 PTSD can happen to anyone at any age.

True False

5 Infertility can be related to a man if there are problems with the number, shape, or movement of _____.

a. sperm
b. testosterone
c. estrogen

6 Both aging and obesity can also bring changes to the way your body processes cortisol—the sugar your body makes from food and uses for energy.

True False

7 You can reduce your risk of having a stroke by taking action to improve your health.

True False

8 Signs of _____may start soon after a frightening event and then continue. Other people develop new or more severe signs months or even years later.

a. heart attack
b. stroke
c. PTSD