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MONTHLY Quiz

TEST YOUR KNOWLEDGE ON A VARIETY OF WELLNESS TOPICS

1. **Each year, about five thousand people nationwide seek medical attention for burns.**

   ☐ True ☐ False

2. **The careful matching of your biology to your medical care is known as:**

   ☐
   a. medicine matching
   b. careful care
   c. personalized medicine

3. **Anemia arises when your body doesn't have enough healthy red blood cells.**

   ☐ True ☐ False

4. **Some studies suggest that sleep deprivation affects _____ in detrimental ways.**

   ☐
   a. your personal finances
   b. the immune system
   c. your fashion sense

5. **Get immediate treatment if the burned skin is dry and leathery, perhaps with white, brown, or black patches. These are signs of third-degree burn.**

   ☐ True ☐ False

6. **The study of how genes affect the way medicines work in your body is called:**

   ☐
   a. genemetics
   b. medicine matching
   c. pharmacogenomics

7. **Common types of anemia can be prevented and treated by eating calcium-rich foods.**

   ☐ True ☐ False

8. **You can get quality sleep if you:**

   ☐
   a. Go to bed the same time each night and get up the same time each morning.
   b. Sleep in a dark, quiet, comfortable environment.
   c. Exercise daily (but not right before bedtime).
   d. Limit the use of electronics before bed.
   e. All of the above

Wellness Council of America 17002 Marcy Street, Suite 140 | Omaha, NE 68118
Phone: 402.827.3590 | Fax: 402.827.3594 | www.welcoa.org