Submit by Email | Print Form

WELCOA
ONLINE BULLETINS

MONTHLY Quiz

TEST YOUR KNOWLEDGE ON A VARIETY OF WELLNESS TOPICS

1. **Prolonged exposure to sounds louder than _____decibels (dB) can cause gradual hearing loss.**
   a. 85
   b. 25
   c. 35
   d. 15

2. **While genes likely play a role in exceptional survival, non-genetic factors that tend to run in families, such as lifestyles, can also contribute.**
   ☐ True ☐ False

3. **More than _____ million people—over 16% of the population—provide care for a chronically ill, disabled or aged family member or friend, according to the National Family Caregivers Association.**
   a. 30
   b. 50
   c. 100

4. **If you've had pain or cramping in your legs when you're walking that goes away when you stop, don't shrug it off. It might be an early warning signal of a serious and sometimes-silent disorder called peripheral arterial disease (PAD).**
   ☐ True ☐ False

5. **Exposure to loud sounds can damage or destroy the inner ear's sensory hair cells. Once damaged, the hair cells take a while to grow back.**
   ☐ True ☐ False

6. **If you're a caregiver, it's a good idea to:**
   a. Reward yourself with mini-breaks.
   b. Exercise.
   c. Attack the problem, not the person.
   d. Ask for help.
   e. All of the above.

7. **Between 8 million and 12 million people over age 50 have PAD.**
   ☐ True ☐ False

8. **To live a long and healthy life, it's always a good idea to**
   a. Eat your fruits and vegetables.
   b. Smoke.
   c. Rest enough.
   d. Exercise several times a week.
   e. A, C & D

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