



Monthly QUIZ *Answers*

TEST YOUR KNOWLEDGE ON A VARIETY OF WELLNESS TOPICS

- 1** In a pain study, researchers found that those who reported feeling more pain had stronger and more frequent activation in a number of brain areas, particularly a region called the:

 - a. **primary somatosensory cortex**
 - b. frontal optimus
 - c. cerebellum

- 2** A _____ is a full set of genes (in a person or any other living thing).

 - a. DNA
 - b. **genome**
 - c. forensic file

- 3** People with _____ usually have no symptoms, yet they're at risk for eventually developing type 2 diabetes, heart disease, and stroke.

 - a. **prediabetes**
 - b. high blood pressure
 - c. high cholesterol

- 4** Sudden Infant Death Syndrome (SIDS) is the sudden death of an infant younger than 1 year of age that remains unexplained after a thorough case investigation.

True False

- 5** Dr. Robert Coghill of Wake Forest University explained that there are significant differences in the way people experience joy.

True **False—Dr. Robert Coghill of Wake Forest University explained that there are significant differences in the way people experience *pain*.**

- 6** _____ are stretches of DNA, a substance you inherit from your parents, that define characteristics like height and eye color.

 - a. Characteristics
 - b. Traits
 - c. **Genes**

- 7** More than 2,000 babies died of SIDS in 2010, the last year for which such statistics are available.

True False

- 8** When a person has type 2 diabetes, either the body's cells have trouble using insulin, or the body isn't producing enough endorphins.

True **False—When a person has type 2 diabetes, either the body's cells have trouble using insulin, or the body isn't producing enough *insulin*.**