



Monthly QUIZ *Answers*

TEST YOUR KNOWLEDGE ON A VARIETY OF WELLNESS TOPICS

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

 - a. three
 - b. four**
 - c. six
 - d. two
- 2** Major depression is characterized by severe symptoms that interfere with your ability to work, sleep, study, eat, and enjoy life.

True False
- 3** COPD is the third leading cause of death in the United States and causes serious, long-term:

 - a. disability**
 - b. brain damage
 - c. memory loss
- 4** Parkinson's disease usually arises after age 50, but can also appear earlier in life. It affects about 100,000 people nationwide.

True **False— It affects about 600,000 people nationwide.**
- 5** There are many causes of balance problems, such as medications, ear infections, a head injury, or

 - a. chronic heart disease
 - b. a bad diet
 - c. anything else that affects the inner ear or brain**
- 6** Most likely, depression is caused by a combination of genetic, biological, environmental, and psychological factors.

True False
- 7** Symptoms of COPD include all but the following:

 - a. Constant coughing, sometimes called "smoker's cough"
 - b. Shortness of breath while doing activities you used to be able to do
 - c. Excess sputum production
 - d. Vision problems**
- 8** Research suggests that eating right and exercising may help reduce or delay symptoms of Parkinson's disease.

True False