



# Monthly QUIZ *Answers*

TEST YOUR KNOWLEDGE ON A VARIETY OF WELLNESS TOPICS

- 1** About 6.7 percent of U.S. adults ages 18 and older have depression.

**True**     False
- 2** Before people develop type 2 diabetes, they usually have \_\_\_\_\_—that means their blood glucose levels are higher than normal, but not yet high enough to be called diabetes.

a. hypertension  
b. lactose intolerance  
**c. "pre-diabetes"**
- 3** Inadequate \_\_\_\_\_ significantly contributes to the development of osteoporosis.

**a. calcium**  
b. iron  
c. magnesium
- 4** Experts believe that more than one out of 10 Americans, sometime in their lives, will experience an episode of dizziness significant enough to send them to a doctor.

True     **False—Experts believe that more than four out of 10 Americans, sometime in their lives, will experience an episode of dizziness significant enough to send them to a doctor.**
- 5** Heart disease refers to a number of illnesses that affect your heart and nearby \_\_\_\_\_.

a. nerve cells  
**b. blood vessels**  
c. muscles
- 6** Diabetes is a serious disease in which \_\_\_\_\_ levels are above normal.

a. white blood cells  
**b. blood glucose (blood sugar)**  
c. t-cells
- 7** You can get vitamin D in three ways: through the skin, from the diet, and from supplements.

True     False
- 8** If you have a balance disorder, you may stagger when you try to walk, or teeter or fall when you try to stand up. You might experience other symptoms such as:

a. Dizziness or vertigo (a spinning sensation)  
b. Falling or feeling as if you are going to fall  
c. Neither a or b  
**d. Both a and b**