



Monthly QUIZ *Answers*

TEST YOUR KNOWLEDGE ON A VARIETY OF WELLNESS TOPICS

- 1** Even within defined limits, you can have problems if you drink too quickly, have health conditions, or are over age 75:

True **False** - Even within defined limits, you can have problems if you drink too quickly, have health conditions, or are over age **65**.
- 2** _____ is a common disorder in which you have one or more pauses in breathing or shallow breaths while you sleep

a. Narcolepsy
b. Amnesia
c. Sleep apnea
- 3** The _____ are pipes that carry oxygen-rich air to your lungs.

a. esophagus
b. airways
c. larynx
- 4** Forgetting how to use the telephone or find your way home may be signs of a more serious memory problem.

True False
- 5** People who should abstain from alcohol completely include those who:

a. Plan to drive a vehicle or operate machinery
b. Are pregnant or trying to become pregnant
c. Take medications that interact with alcohol
d. Have a medical condition that alcohol can aggravate
e. All of the above
- 6** The most common type of sleep apnea is disruptive sleep apnea.

True **False** - The most common type of sleep apnea is **obstructive** sleep apnea.
- 7** A thin flap of tissue called the _____ covers your windpipe when you swallow.

a. epiglottis
b. throat
c. wind pipe
- 8** In a recent study, men with the most trans fats in their diet suffered as much as a 10 percent reduction in the words they could recall.

True False