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October Quiz

# Monthly Quiz

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

**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

**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