

Year-End Health Quiz

Test your health IQ with this year-end quiz, then check your answers to see how well you did.

- 1. Which is the most preventable cause of death and disease?**
 - A. Poor hygiene
 - B. Smoking
 - C. Overeating
- 2. The 5-year survival rate for all cancers is:**
 - A. 23 Percent
 - B. 33 Percent
 - C. 59 Percent
- 3. Which food is the leading source of fat in the American diet:**
 - A. Buttered popcorn
 - B. Cheese
 - C. Bacon
- 4. Irritable bowel syndrome affects how many Americans?**
 - A. one in five
 - B. one in 20
 - C. one in 100
- 5. Which beverage can raise blood pressure?**
 - A. beer
 - B. lowfat milk
 - C. fruit juice
- 6. Your body can only use about 500 mg of calcium at a time.**
 - A. True
 - B. False
- 7. Reading in dim light will ruin your eyesight?**
 - A. True
 - B. False
- 8. There is a vitamin you can get simply simply by going for a walk.**
 - A. True
 - B. False
- 9. Grownups don't have to worry about getting cavities.**
 - A. True
 - B. False
- 10. Most prostate cancers occur in men under 60.**
 - A. True
 - B. False

Year-End Health Quiz

Answers

1. **B.**

Tobacco use, which harms virtually every system in the body, causes 430,000 deaths annually.

2. **C.**

For cancers that are screenable – such as breast, colon, rectal and cervical – the rate is higher: 80%

3. **B.**

The average American eats three times as much cheese today as 30 years ago.

4. **A.**

But less than half of those with symptoms seek treatment. If a change in bowel habits lasts more than 10 days, see your physician.

5. **A.**

High alcohol consumption can raise blood pressure. If you drink, do so in moderation.

6. **True.**

So if you take a supplement that contains more than 500mg of calcium, calcium, try splitting the pill in two and taking the rest later.

7. **False.**

It may strain your vision, but it won't cause permanent damage.

8. **True.**

It's vitamin D. Your skin cells manufacture D when exposed to sunlight: 10-15 minutes exposure three times a week is sufficient.

9. **False.**

The risk of getting cavities actually rises during middle age, when gums recede and expose the roots of your teeth to harmful bacteria.

10. **False.**

More than 75 percent of prostate cancers are diagnosed in men 65 or older, just 7 percent in men under 60.