Foundations 1E Quiz Questions Lesson 1.5

1. Match each disease with its description.

\_\_\_ 1. clogged arteries

\_\_\_ 2. not enough blood to the brain

\_\_\_ 3. high blood pressure

\_\_\_ 4. too much blood sugar

\_\_\_ 5. uncontrolled growth of abnormal cells

\_\_\_ 6. weak bones

\_\_\_ 7. symptoms include stiff, achy, and painful joints

\_\_\_ 8. affects the ability to breathe

\_\_\_ 9. loss of brain function over time

\_\_\_ 10. insufficient amount of blood to heart and damaged tissue

a. hypertension

b. osteoporosis

c. arthritis

d. atherosclerosis

e. dementia

f. cancer

g. asthma

h. stroke

i. diabetes

j. heart attack

2. Many noncommunicable diseases hold the risk of becoming chronic because they

a. require antibiotics for treatment

b. rarely last longer than a month

c. are due to genetic and lifestyle factors

d. cannot be transmitted from one person to another

Answer: \_\_\_\_\_

3. Which of the following protects you from getting melanoma?

a. staying out of the sun

b. eating a healthy diet

c. avoiding tobacco smoke

d. staying physically active

Answer: \_\_\_\_\_

4. Lightheadedness and a radiating pain in the arm are signs of heart attack.

a. True

b. False

Answer: \_\_\_\_\_

5. Which of the following is NOT typically included in a behavior contract?

a. a plan or strategy for meeting goals

b. a penalty for not meeting goals within a certain period

c. a date for meeting goals

d. a reward for reaching goals

Answer: \_\_\_\_\_