



Men's Health Seminar Quiz

Please circle or check your answers to the following questions:

1. Numerous studies have shown that people with strong social networks live longer and recover more quickly from illness.
 - a. True
 - b. False
2. What percentage of male deaths are the result of heart disease and cancer?
 - a. 50%
 - b. 15%
 - c. 95%
 - d. All of the above
3. Men are 24 percent less likely than women to have visited a doctor within the past year.
 - a. True
 - b. False?
4. How can you enhance your social network?
 - a. Join a bowling league or poker group
 - b. Take a class
 - c. Do volunteer work
 - d. All of the above
5. The following tips can keep you healthy:
 - a. Be physically active,
 - b. Eat a healthy diet
 - c. Do not smoke
 - d. All of the above
6. Healthy diets rich in fruits and vegetables may reduce the risk of cancer and other chronic diseases.
 - a. True
 - b. False
7. Current dietary guidelines for Americans recommend that if you choose to drink alcoholic beverages, you do not exceed 2 drinks per day for men (1 drink per day for women).
 - a. True
 - b. False
8. The USPSTF recommends that everyone be screened for colon cancer starting at age 50 and continuing until age 75 with which one of the following screening tests:
 - a. Home fecal occult blood testing
 - b. Flexible sigmoidoscopy
 - c. Colonoscopy
 - d. All of the above
9. Which of the following are non-modifiable risk factors for prostate cancer?
 - a. Age
 - b. Family History
 - c. Race/Ethnicity
 - d. Nationality
 - e. All of the above
10. Of those who developed heart disease, the less social men had an 82 percent higher risk of death than the other group.
 - a. True
 - b. False