



Sonic
HealthPlus

Healthy Men Quiz



Q1

At what age should you begin having your cholesterol checked regularly?

- A.** 55 **B.** 35 **C.** 50 **D.** 65

Q2

How often should you have your blood pressure checked?

- A.** Every five years. **B.** Once a month. **C.** Every two years. **D.** Every ten years.

Q3

At what age should you start being screened for colorectal cancer?

- A.** 50 **B.** 40 **C.** 60 **D.** 21

Q4

If you have high blood pressure or high cholesterol, what other disease should you also be screened for?

- A.** Hepatitis **B.** Diabetes **C.** Glaucoma **D.** Gout

Q5

The most important things you can do to stay healthy are?

- A.** Exercise, eat a healthy diet, drink alcohol only in moderation, and stay at a healthy weight.
B. Avoid tobacco.
C. Get recommended screening tests and take preventive medicines if you need them.
D. All of the above.

Q6

Signs of depression include:

- A.** Feeling “down,” sad, or hopeless for 2 weeks.
B. Having little interest in or taking no pleasure from doing things you normally like to do.
C. An urge to square dance.
D. A and B.

Q7

Body mass index, which is a measure of body fat based on height and weight, is used to screen for which condition?

- A.** Diabetes
B. Obesity
C. Glaucoma
D. None of the above

Q8

If you are a man between the ages of 65 and 75 and have ever smoked more than 100 cigarettes, which condition should you be screened for?

- A.** Abdominal aortic aneurysm **B.** Smoking **C.** Prostate cancer **D.** All of the above

Q9

Which vaccine should you have after turning 65?

- A.** Chicken pox **B.** Pneumonia **C.** Measles **D.** Mumps

Q10

How many minutes of moderate physical activity—at a minimum—should you aim for most days of the week?

- A.** 5 **B.** 10 **C.** 20 **D.** 30

Healthy Men Answers

A1

The correct answer is B.

If you are younger than 35, talk to your doctor about whether to have your cholesterol checked if you have diabetes, have high blood pressure, if heart disease runs in your family, or you smoke.

A2

The correct answer is C.

Have your blood pressure checked at least every 2 years. High Blood Pressure is 140/90 or higher.

A3

The correct answer is A.

Have a test for colorectal cancer starting at age 50. Your doctor can help you decide which test is right for you. If you have a family history of colorectal cancer, you may need to be screened earlier.

A4

The correct answer is B.

A5

The correct answer is D.

All of these recommendations can keep you healthy

A6

The correct answer is D.

Your emotional health is as important as your physical health.
Talk to your doctor about being screened for depression. Help is available.

A7

The correct answer is B.

You can calculate your BMI by visiting www.heartfoundation.org.au

A8

The correct answer is A.

An abdominal aortic aneurysm is an abnormally large or swollen blood vessel in your abdomen. Aneurysms can develop slowly over many years and have no symptoms. Surgery is sometimes needed to prevent complications or before symptoms develop.

A9

The correct answer is B.

The pneumonia vaccine is recommended after age 65. If you are younger than 65, you can ask your doctor if the vaccine is appropriate for you. Starting at age 50, you should also receive a flu shot each year.

A10

The correct answer is D.

If you are not already physically active, start small and work up to 30 minutes or more of moderate physical activity most days of the week. Walking briskly, mowing the lawn, cycling, and swimming are just a few examples of moderate physical activity.