

Quiz: Test Your Knowledge of Men's Health

1. What is the leading cause of cancer death for men?

- A. prostate cancer
- B. colorectal cancer
- C. lung cancer
- D. skin cancer

Correct answer: C - lung cancer

The leading cause of cancer death for both men and women is lung cancer. Compared to nonsmokers, men who smoke are about 23 times more likely to develop lung cancer, and women who smoke are about 13 times more likely. Smoking causes about 90% of lung cancer deaths in men and almost 80% in women. Quitting smoking is one of the most important things you will ever do. You will live longer and live better. Quitting will lower your chance of having a heart attack, stroke, or cancer.

[Cancer: Smoking among Adults in the United States](http://www.cdc.gov/tobacco/sgr/sgr_2004/Factsheets/2.htm) http://www.cdc.gov/tobacco/sgr/sgr_2004/Factsheets/2.htm

[Nation's Most Comprehensive Cancer Incidence and Mortality Report Press Release](http://www.cdc.gov/od/oc/media/pressrel/r041119.htm)
<http://www.cdc.gov/od/oc/media/pressrel/r041119.htm>

[U.S. Cancer Statistics: 2001 Incidence and Mortality](http://apps.nccd.cdc.gov/uscs/index.asp?Year=2001)
<http://apps.nccd.cdc.gov/uscs/index.asp?Year=2001>

[You Can Quit Smoking Consumer Guide](http://www.cdc.gov/tobacco/quit/canquit.htm)
<http://www.cdc.gov/tobacco/quit/canquit.htm>

2. Male high school students are more likely than female students to rarely or never wear seat belts. This statement is:

- A. true
- B. false

Correct answer: A - true

In 2003, male high school students (22%) were more likely than female students (15%) to rarely or never wear seat belts when riding as a passenger. Two out of five deaths among U.S. teens are the result of a motor vehicle crash. The risk for motor vehicle crashes is higher among 16- to 19-year-olds than among any other age group. In fact, per mile driven, teen drivers ages 16 to 19 are four times more likely than older drivers to crash. Crash risk is particularly high during the first years that teenagers are eligible to drive. Wearing seatbelts saves lives – wearing a seat belt can reduce death and serious injury in a car crash by about 50%.

[Teen Drivers](http://www.cdc.gov/ncipc/factsheets/teenmvh.htm)
<http://www.cdc.gov/ncipc/factsheets/teenmvh.htm>



3. Major signs of stroke include:

- A. sudden numbness or weakness of the face, arms, or legs
- B. sudden confusion, trouble speaking, or trouble understanding others
- C. sudden trouble seeing in one or both eyes
- D. sudden trouble walking, dizziness, or loss of balance or coordination
- E. sudden severe headache with no known cause
- F. A, C, and D
- G. all of the above

Correct answer: G - all of the above

Stroke is the third leading cause of death in the United States. It is very important to know the symptoms of a stroke and act immediately – call 9-1-1. With timely treatment, the risk of death and disability from stroke can be lowered. A stroke or cerebrovascular accident occurs when the blood supply to the brain is cut off or when a blood vessel bursts. Without oxygen, brain cells begin to die. Death or permanent disability can result. High blood pressure, smoking, and having had a previous stroke or heart attack increase a person's chances of having a stroke.

[Know the Signs and Symptoms of a Stroke](http://www.cdc.gov/cvh/library/fs_strokesigns.htm) http://www.cdc.gov/cvh/library/fs_strokesigns.htm

[Learn to Recognize a Stroke](http://www.strokeassociation.org/presenter.jhtml?identifier=102)
<http://www.strokeassociation.org/presenter.jhtml?identifier=102> (Non-CDC site)

4. Colorectal cancer can be prevented by removing precancerous polyps or growths, which can be present in the colon for years before invasive cancer develops. Current guidelines recommend regular screening for all adults aged:

- A. 21 years or older
- B. 30 years or older
- C. 40 years or older
- D. 50 years or older
- E. 65 years or older

Correct answer: D - 50 years or older

Colorectal cancer is cancer that occurs in the colon or rectum. Colorectal cancer is the second leading cancer killer in the United States, but it doesn't have to be. If everybody age 50 or older had regular screening tests, at least one-third of deaths from this cancer could be avoided. Colorectal cancer is most often found in people 50 and older. So if you are 50 or older, start screening now. The risk for getting colorectal cancer increases with age. Recommended screening tests and intervals are as follows:

- fecal occult blood test or stool test every year
- flexible sigmoidoscopy every 5 years
- double-contrast barium enema every 5 years
- colonoscopy every 10 years

Persons at higher risk should begin screening at a younger age and may need to be tested more frequently.

[Colorectal Cancer: Basic Facts on Screening](http://www.cdc.gov/cancer/screenforlife/fs_basic.htm) http://www.cdc.gov/cancer/screenforlife/fs_basic.htm

[Colorectal Cancer: The Importance of Prevention and Early Detection](http://www.cdc.gov/cancer/colorctl/about2004.htm)
<http://www.cdc.gov/cancer/colorctl/about2004.htm>

5. What is the minimum amount of moderate-intensity physical activity adults should engage in 5 or more days of the week?

- A. 20 minutes per day
- B. 30 minutes per day
- C. 60 minutes per day
- D. 90 minutes per day

Correct answer: B - 30 minutes per day

Physical activity does not need to be hard to provide some benefit. Participating in moderate-intensity physical activity is a vital component of a healthy lifestyle for people of all ages and abilities. Moderate-intensity physical activity refers to any activity that burns 3.5 to 7 calories per minute. These levels are equal to the effort a healthy individual might burn while walking briskly, mowing the lawn, dancing, swimming for recreation, or bicycling. Increasing the intensity or the amount of time that you are physically active can have even greater health benefits and may be needed to control body weight. About 60 minutes a day may be needed to prevent weight gain.

[Physical Activity for Everyone: Recommendations](http://www.cdc.gov/nccdphp/dnpa/physical/recommendations/index.htm) <http://www.cdc.gov/nccdphp/dnpa/physical/recommendations/index.htm>

[Physical Activity for Everyone: Recommendations - How Active Do Adults Need to be to Gain Some Benefit?](http://www.cdc.gov/nccdphp/dnpa/physical/recommendations/adults.htm)
<http://www.cdc.gov/nccdphp/dnpa/physical/recommendations/adults.htm>

[Finding Your Way to a Healthier You](http://www.health.gov/dietaryguidelines/dga2005/document/html/brochure.htm#b4)
<http://www.health.gov/dietaryguidelines/dga2005/document/html/brochure.htm#b4> (Non- CDC site)

6. How many servings of fruits and vegetables should be eaten daily for good health?

- A. 3-5 servings per day
- B. 4-8 servings per day
- C. 5-9 servings per day
- D. 6-10 servings per day

Correct answer: C - 5-9 servings per day

The National Academy of Sciences, U.S. Department of Agriculture, National Cancer Institute, and American Cancer Society recommend that 5 to 9 servings of fruits and vegetables be consumed each day, depending on a person's energy intake, to reduce risk of cancer and maintain good health. Eating the 5-A-Day way is easy. One serving is less than people think. And today, more than ever, there's a wider variety of fruits and vegetables from which to choose, whether they're fresh, frozen, canned, or dried.

[How Big is a Serving?](http://www.cdc.gov/nccdphp/dnpa/5ADay/faq/size_1.htm)

http://www.cdc.gov/nccdphp/dnpa/5ADay/faq/size_1.htm

[How Many Fruits and Vegetables Should Be Eaten Daily for Good Health?](http://www.cdc.gov/nccdphp/dnpa/5ADay/faq/importance_3.htm)

http://www.cdc.gov/nccdphp/dnpa/5ADay/faq/importance_3.htm

7. In 2001, nearly two-thirds of injured or ill workers were male. This statement is:

- A. true
- B. false

Correct answer: A - true

The U.S. Department of Labor's Bureau of Labor Statistics reported 1.5 million cases [of injured or ill workers] involving days away from work in 2001. Most cases were aged 20–44 (65%), male (66.1%), and white, non-Hispanic (68.2%). Operators, fabricators, and laborers accounted for nearly 40% of all occupational injuries and illnesses. Between 1993 and 2001, truck drivers experienced the most injuries and illnesses involving days away from work. Sprains and strains were the leading type of nonfatal occupational injury/illness in 2001, accounting for more than 669,889 cases—or nearly 43.6% of all nonfatal occupational injuries and illnesses.

[Worker Health Chartbook, 2004: Characteristics of Injured and Ill Workers and Their Injuries and Illnesses](http://www2a.cdc.gov/NIOSH-Chartbook/ch1/ch1-4.asp)

<http://www2a.cdc.gov/NIOSH-Chartbook/ch1/ch1-4.asp>

[Worker Health Chartbook, 2004: Figure 1-29- Distribution of Hours Worked and Occupational Injury and Illness Cases with Days Away from Work in Private Industry by Sex, 2001](http://www2a.cdc.gov/NIOSH-Chartbook/imagdetail.asp?imgid=29)

<http://www2a.cdc.gov/NIOSH-Chartbook/imagdetail.asp?imgid=29>

8. When engaging in strenuous exercise in high heat, it's important to monitor yourself and others for signs of heat stroke. Which of the following is NOT a sign of heat stroke?

- A. red, hot, and dry skin with no sweating
- B. dizziness and confusion
- C. heavy sweating
- D. nausea

Correct answer: C - heavy sweating

Heat stroke occurs when the body becomes unable to control its temperature: the body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. Heavy sweating is a sign that the body is still able to cool itself down. If the exposure to high heat continues, the person's condition may worsen and could progress to heat stroke. If you notice any signs of heat stroke, you may be dealing with a life-threatening emergency. Have someone call for immediate medical assistance while you begin cooling the victim. Do the following:

- Get the victim to a shady area
- Cool the victim rapidly, using whatever methods you can. For example, immerse the victim in a tub of cool water; place the person in a cool shower; spray the victim with cool water from a garden hose; sponge the person with cool water; or if the humidity is low, wrap the victim in a cool, wet sheet and fan him or her vigorously
- Monitor body temperature and continue cooling efforts until the body temperature drops to 101-102°F.
- If emergency medical personnel are delayed, call the hospital emergency room for further instructions.
- Do not give the victim alcohol to drink.
- Get medical assistance as soon as possible.

To prevent heat stroke, limit exposure to high heat and know the warning signs.

[Extreme Heat: A Prevention Guide to Promote Your Personal Health and Safety](http://www.bt.cdc.gov/disasters/extremeheat/pdf/heat_guide.pdf)

http://www.bt.cdc.gov/disasters/extremeheat/pdf/heat_guide.pdf

[Heat-Related Mortality - Arizona, 1993-2002, and United States, 1979—2002](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5425a2.htm)

<http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5425a2.htm>

[Tips for Preventing Heat-Related Illness](http://www.bt.cdc.gov/disasters/extremeheat/heattips.asp)

<http://www.bt.cdc.gov/disasters/extremeheat/heattips.asp>

9. Men are more likely to attempt suicide than women. This statement is:

- A. true
- B. false

Correct answer: B - false

Women are three times more likely to report attempting suicide than men. However, men are four times more likely to actually die from suicide. Suicide is the 8th leading cause of death for all males in the United States. Each year, over 25,000 males commit suicide (compared to 6,000 females). Suicide rates are highest among Whites and second highest among American Indian and Native Alaskan men.

[Suicide: Overview](http://www.cdc.gov/ncipc/factsheets/suicide-overview.htm)
<http://www.cdc.gov/ncipc/factsheets/suicide-overview.htm>

10. More males than females drown in the United States. This statement is:

- A. true
- B. false

Correct answer: A - true

Males account for about 80% of fatal drownings in the United States. Drowning remains the second-leading cause of injury-related death for children ages 1 to 14 years. In recreational water settings (e.g., pools and natural sites like lakes, rivers, and oceans), the fatal drowning rate among males of all ages is almost five times that of females. However, for teens and adults, the rates among males can be 7-10 times higher. In water recreation, approximately 70% of fatal drownings for which the site is reported occur in natural water settings. Alcohol use is involved in about 25% to 50% of adolescent and adult deaths associated with water recreation. Boating carries risks for injury. Most boating fatalities (70%) were caused by drowning, and the remainder were due to trauma, hypothermia, carbon monoxide poisoning, or other causes. Use of a lifejacket can dramatically improve the chances of surviving a drowning incident. Less than 14% of those who drowned were wearing a life jacket or personal flotation device.

[Nonfatal and Fatal Drownings in Recreational Water Settings- United States, 2001-2002](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5321a1.htm)
<http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5321a1.htm>

[Water-Related Injuries](http://www.cdc.gov/ncipc/factsheets/drown.htm)
<http://www.cdc.gov/ncipc/factsheets/drown.htm>

[U.S. Coast Guard Boating Statistics](http://www.uscgboating.org/statistics/Boating_Statistics_2003.pdf) http://www.uscgboating.org/statistics/Boating_Statistics_2003.pdf (Non-CDC site)

11. Females are more likely than males to sustain a traumatic brain injury. This statement is:

- A. true
- B. false

Correct answer: B - false

Males are about 1.5 times as likely as females to sustain a traumatic brain injury (TBI). Traumatic brain injury is defined as a blow or jolt to the head or a penetrating head injury that disrupts the function of the brain. The two age groups at highest risk for TBI are 0-4 year olds and 15-19 year olds. Certain military duties (e.g., paratrooper) increase the risk of sustaining a TBI. African Americans have the highest death rate from TBI. At least 5.3 million Americans currently have a long-term or lifelong need for help to perform activities of daily living as a result of TBI. TBI can cause a wide range of functional changes affecting thinking, sensation, language, and/or motions.

[Traumatic Brain Injury](http://www.cdc.gov/node.do?id=0900f3ec8000dbdc)
<http://www.cdc.gov/node.do?id=0900f3ec8000dbdc>

12. Adults should get vaccinations to protect against preventable diseases. This statement is:

- A. true
- B. false

Correct answer: A - true

Vaccines aren't just for kids. Far too many adults become ill, are disabled, and die each year from diseases that could easily have been prevented by vaccines. Everyone from young adults to senior citizens can benefit from immunizations.

[Vaccine-Preventable Adult Diseases](http://www.cdc.gov/nip/diseases/adult-vpd.htm#schedule)
<http://www.cdc.gov/nip/diseases/adult-vpd.htm#schedule>

[What Vaccines Do You Need?](http://www2.cdc.gov/nip/adultImmSched/)
<http://www2.cdc.gov/nip/adultImmSched/>

13. If untreated, gonorrhea can result in what health problem(s) in men?

- A. epididymitis (i.e., swelling of the tube leading from the male testicle to the urethra)
- B. higher risk of getting or transmitting HIV
- C. testicular cancer
- D. both A and B
- E. all of the above

Correct answer: D - both A and B

Untreated gonorrhea can cause serious and permanent health problems in both women and men. In men, gonorrhea can cause epididymitis, a painful condition of the testicles that can lead to infertility if left untreated.

Gonorrhea can spread to the blood or joints. This condition can be life threatening. In addition, people with gonorrhea can more easily contract HIV, the virus that causes AIDS. HIV-infected people with gonorrhea are more likely to transmit HIV to someone else.

Several antibiotics can successfully cure gonorrhea in adults. However, drug-resistant strains of gonorrhea are increasing in many areas of the world, including the United States, and successful treatment of gonorrhea is becoming more difficult. Because many people with gonorrhea also have chlamydia, another sexually transmitted disease (STD), antibiotics for both infections are usually given together. Persons with gonorrhea should be tested for other STDs.

The surest way to avoid transmission of sexually transmitted diseases is to abstain from sexual intercourse, or to be in a long-term mutually monogamous relationship with a partner who has been tested and is known to be uninfected. Latex condoms, when used consistently and correctly, can reduce the risk of transmission of gonorrhea.

[Gonorrhea](http://www.cdc.gov/std/Gonorrhea/STDFact-gonorrhea.htm)
<http://www.cdc.gov/std/Gonorrhea/STDFact-gonorrhea.htm>

14. What are some of the symptoms of prostate cancer?

- A. blood in the urine
- B. the need to urinate frequently, especially at night
- C. weak or interrupted urine flow
- D. pain or burning feeling while urinating
- E. the inability to urinate
- F. constant pain in the lower back, pelvis, or upper thighs
- G. all of the above

Correct answer: G - all of the above

Many men with prostate cancer often have no symptoms. If symptoms appear, they can include those listed above. If you have any of these symptoms, see your doctor as soon as possible. Keep in mind that these symptoms are also caused by other prostate problems that are not cancer, such as an infection or an enlarged prostate.

[Prostate Cancer Screening: A Decision Guide](http://www.cdc.gov/cancer/prostate/decisionguide/index.htm)
<http://www.cdc.gov/cancer/prostate/decisionguide/index.htm>

15. What is the leading cause of death for men?

- A. stroke
- B. diabetes
- C. cancer
- D. suicide
- E. heart disease

Correct answer: E - heart disease

Heart disease is the leading cause of death for both women and men in the United States. Studies among people with heart disease have shown that lowering high blood cholesterol and high blood pressure can reduce the risk of dying from heart disease, having a nonfatal heart attack, and needing heart bypass surgery or angioplasty. Studies among people without heart disease have shown that lowering high blood cholesterol and high blood pressure can reduce the risk of developing heart disease.

[Heart Disease](http://www.cdc.gov/cvh/library/fs_heart_disease.htm)
http://www.cdc.gov/cvh/library/fs_heart_disease.htm

[Leading Causes of Death in Males](http://www.cdc.gov/men/lcod.htm)
<http://www.cdc.gov/men/lcod.htm>

Source:
Centers for Disease Control and Prevention - <http://www2a.cdc.gov/od/menshealth/quizprint.asp>

This information is intended for educational purposes only, and should not be interpreted as medical advice. Please consult your physician for advice about changes that may affect your health.

