

Wellness Continuing Education Exam Back To Chiropractic CE Seminars

Simply list your answers in an e-mail, write down **letter choice only**: a. b. c. d. e. T F

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1. Which of the following is NOT one of the top 5 causes of death in the US?
 - a. Cancer
 - b. Stroke
 - c. Diabetes
 - d. Heart disease

2. True or False. The US is in the top ten in life expectancy at birth.

3. True or False. The US is in the top ten in healthy life expectancy.

4. True or False. Exercise can decrease nicotine cravings.

5. Poor diet, lack of exercise & unhealthy lifestyle are responsible for ___% of cancer deaths!
 - a. 25
 - b. 35
 - c. 45
 - d. 55
 - e. 65

6. Chiropractic adjustments _____ the respiratory burst in phagocytes to help engulf & destroy invasive organisms, thus boosting the immune system.
 - a. Increases
 - b. Decreases
 - c. Does not change

7. According to Brian Ross, University of Washington, after age __, vital capacity decreases 5-20% per decade.
 - a. 20
 - b. 30
 - c. 40
 - d. 50

8. Who said: "Starved of oxygen the body will become ill & if this persists it will die."
 - a. Dr. Alec Borsenko
 - b. Dr. John Muntz
 - c. Dr. Stephen Levine
 - d. Dr. Otto Warburg

9. Who won a Nobel prize in 1931 for his cancer research and was quoted: "Cancer has one prime cause. The replacement of normal oxygen respiration of the body's cells by an anaerobic (oxygen-deficient) respiration."
 - a. Dr. Alec Borsenko
 - b. Dr. John Muntz
 - c. Dr. Stephen Levine
 - d. Dr. Otto Warburg

10. ___ % of Americans are uninsured according to the CDC.
- 5.4
 - 10.4
 - 15.4
 - 20.4
11. ___% of respondents believe only drugs that are "completely safe" can be advertised!
- 13
 - 23
 - 33
 - 43
12. Americans consume ___% of all prescription drugs, worldwide.
- 20
 - 30
 - 40
 - 50
13. ___% of US households are regular consumers of prescription drugs, according to Pew Internet & American Life Project, Oct 2004.
- 34
 - 44
 - 54
 - 64
 - 74
14. True or False. In 2010 an article from the Journal of American Medical Association said: "The routine use of aspirin for the primary prevention of vascular events in people with asymptomatic disease cannot be supported."
15. ___% of pts with NSAID ulcers are asymptomatic, according to the CDC.
- 10
 - 25
 - 35
 - 50
16. "There is an increased mortality & cardiovascular morbidity associated with NSAIDs in chronic heart failure." This quote came from:
- Journal of the National Cancer Institute
 - Archives Internal Medicine
 - New England Journal of Medicine
 - Journal of Clinical Gastroenterology
17. National Institute of Allergy & Infectious Diseases stated that the number of lives saved by the flu vaccine was___.
- 0
 - 50,000
 - 100,000
 - 1,000,000

18. ___% of US health workers get immunized for the flu according to the CDC.
- 40
 - 60
 - 80
 - 100
19. In American hospitals, healthcare associated infections account for 1.7 million infections and _____ deaths per year, according to the CDC.
- 9000
 - 19000
 - 39000
 - 59000
 - 99000
20. Side effects are underreported by _____%, according to a Harvard Medical School expert and the FDA relies on reports to gauge a drug's safety.
- 10-19
 - 30-39
 - 50-59
 - 70-79
 - 90-99
21. ___% of chronic headaches are attributed to medication overuse.
- 20
 - 30
 - 40
 - 50
22. ___ medicines are in development for children, according to the Pharmaceutical Research & Manufacturers of America.
- 19
 - 119
 - 219
 - 319
23. According to Death by Medicine, Annual Mortality and Economic Cost of Medical Intervention:
The total deaths and total cost were:
- 399,936: .468 billion
 - 599,936: 4.68 billion
 - 799,936: 46.8 billion
 - 999,936: 468 billion
24. Who said: "Great Minds Discuss Ideas, Average Minds Discuss Events, Dull Minds Discuss People"?
- Anne Frank
 - Albert Einstein
 - Eleanor Roosevelt
 - Socrates
25. True or False. Since 1970 caloric intake has increased 43%, according to CDC.

26. The average American consumes ___ lbs of sugar a year.
- 42
 - 72
 - 112
 - 142
27. True or False. One soda a day can add 15 lbs to your weight in a year.
28. ___% have BP in the high-normal range and can be managed with diet and exercise.
- 30
 - 40
 - 50
 - 60
 - 70
29. True or False. In a study that tracked people from their 20s into their senior yrs, those who became more active in their 40s cut their risk of heart disease by nearly the same amount as those that maintained a lifetime of activity.
30. ___% of all disease is stress related.
- 30
 - 50
 - 70
 - 90