

Michael's Special Health Quiz

Bored with board games, fed up with the king and I, can't stand another computer game with the kids? Then have a go at my special health quiz.

These days everyone's an expert. Now's your chance to test your knowledge and find out how much you really know about good health and your body.

See how you scored at the end.

LIFESTYLE

DO YOU (tick as many as you like)

Smoke

Drink more than 14 units of alcohol a week

Take sleeping pills/tranquillisers/antidepressants

Use recreational drugs

WHICH OF THE FOLLOWING SUMS UP YOUR EXERCISE PATTERN

A. No problems on that score, I am at the gym most nights of the week

B. I don't do much, but I probably get half an hour's exercise three or four times a week

C. Well, I walk from the bus/car to the supermarket door

DO YOU EVER GET (tick as many as you like)

Panic attacks

Headaches after a period of stress

Regular bouts of insomnia

Fits of tears or bad temper for no reason

HOW OFTEN DO YOU MAKE TIME TO DO SOMETHING YOU WANT?

A. At least once a week - I know I need to spoil myself occasionally

B. Not that often, but I probably get a break once a month or so

C. Never - my job/the kids/the home are far too demanding

FOOD

HOW MANY TIMES A WEEK DO YOU EAT BREAKFAST?

- A. Every day
- B. Most days if I've got time
- C. Breakfast? Does coffee and biscuits at 11 o'clock count?

YOU KNOW YOU SHOULD BE EATING FIVE PORTIONS OF FRUIT AND VEG A DAY. WHAT DOES THAT CONSIST OF?

- A. Apples, oranges, bananas, greens, salads - any I can lay my hands on.
- B. Will five grapes and a portion of chips do?
- C. Who says I have to eat five pieces of fruit a day. I hate the stuff.

HOW MUCH OF THE FOOD YOU EAT CONSISTS OF PROCESSED FOOD LIKE BURGERS, SAUSAGES AND FROZEN TV DINNERS?

- A. None - I like cooking proper meals
- B. Not much - but I do use them three or four times a week when I'm busy
- C. Most of it - I don't have time to cook.

WHEN YOU USE OIL OR FAT FOR COOKING, WHAT TYPE IS IT?

- A. Good olive oil
- B. Sunflower or other seed oil
- C. Butter, lard or hard margarine

HOW OFTEN DO YOU EAT OILY FISH LIKE SARDINES, SALMON AND MACKEREL?

- A. At least once a week - I know it's good for me.
- B. Probably not that often, but I know I should eat more.
- C. Yuk.

WHAT TYPE OF MILK DO YOU NORMALLY BUY?

- A. Mostly skimmed - I'm watching my weight
- B. Semi-skimmed - it doesn't taste as good as ordinary milk but I know it's healthier
- C. Full fat - the others are all revolting

BREAD IS THE STAFF OF LIFE. DO YOU NORMALLY CHOOSE

- A. Wholemeal - the fibre keeps me regular
- B. A variety, I like all sorts
- C. I never touch bread, it's fattening

SEX

WHEN DID YOU LAST HAVE A SMEAR TEST?

- A. The last time I was called - I always go regularly
- B. I've put it off for a while, but I know I need one
- C. I haven't had one for ages

DO YOU REGULARLY LOOK FOR ANY CHANGES IN YOUR BREASTS?

- A. Yes - I know what's normal for me and I'd notice any changes
- B. Occasionally in the shower
- C. No - I wouldn't know what to look for

IN THE LAST 15 YEARS, HAVE YOU HAD UNPROTECTED SEX WITH A PARTNER WHOSE SEXUAL HISTORY YOU DIDN'T KNOW WELL?

- A. No - I'm well aware of the dangers
- B. Yes, but only once and I know it was stupid
- C. Yes - I think the dangers are totally exaggerated

IF YOU SUSPECTED YOU HAD A SEXUALLY-TRANSMITTED DISEASE, WOULD YOU GET MEDICAL HELP?

- A. Of course, you'd be stupid not too.
- B. Probably - but only if I went where no-one would recognise me
- C. Of course not - I wouldn't go to bed with anyone who looked grubby.

YOUR MALE PARTNER GOES TO THE LOO THREE OR FOUR TIMES EVERY NIGHT AND DOESN'T SEEM TOO KEEN ON SEX. IS HIS PROBLEM LIKELY TO BE

- A. His prostate gland
- B. Too much beer
- C. A weak bladder

AN ATTACK OF THRUSH IS MAKING YOU VERY UNCOMFORTABLE. YOU'VE GOT A PRESCRIPTION FROM THE DOCTOR BUT SHOULD YOU

- A. Wash frequently with plain water
- B. Wash frequently with medicated soap
- C. Add a generous dollop of disinfectant to your bath water

BUILDING AND KEEPING STRONG BONES

STAYING VERY THIN PROTECTS YOUR BONES FROM OSTEOPOROSIS

- A. False
- B. True

WEIGHT BEARING EXERCISE HELPS TO STRENGTHEN YOUR BONES, SO WHICH OF THESE WOULD BE MOST HELPFUL

- A. Housework
- B. An exercise bike

CONSUMING TOO MUCH ALCOHOL, SALT AND UNCOOKED BRAN ALL REDUCE BONE STRENGTH

- A. True
- B. False

CALCIUM IN YOUR DIET IS ESSENTIAL FOR HEALTHY BONES, BUT YOU ALSO NEED A SPECIFIC VITAMIN. IS IT

- A. Vitamin D
- B. Vitamin C

WHICH OF THE FOLLOWING ARE BEST FOR HEALTHY BONES

- A. Tinned sardines
- B. A fillet steak

IS OSTEOPOROSIS MORE COMMON

- A. After the menopause
- B. Before the menopause

A HYSTERECTOMY IN YOUR THIRTIES INCREASES THE RISK OF OSTEOPOROSIS

- A. True
- B. False

GENERAL HEALTH KNOWLEDGE

ANAEMIA IS CAUSED BY A LACK OF WHICH MINERAL

- A. Iron
- B. Copper

RINGWORM IS A SKIN INFECTION CAUSED BY

- A. A fungus
- B. A parasitic worm

THE HAMMER, THE ANVIL AND THE STIRRUP ARE THREE BONES FOUND IN

- A. The ear
- B. The foot

YOUR BLOOD SUGAR LEVEL IS KEPT ON AN EVEN KEEL BY A HORMONE. IS IT

- A. Insulin
- B. Adrenaline

THE MUSCLE THAT BENDS YOUR KNEE IS

- A. The hamstring
- B. The quadriceps

WHAT'S THE LONGEST BONE IN YOUR BODY?

- A. The femur
- B. The tibia

AND WHERE IS IT?

- A. The thigh
- B. The back

THE SKIN PIGMENT MELANIN PROTECTS YOU AGAINST

- A. Sunlight
- B. Acid rain

How to Score

Score 1 point for every A, 3 points for a B, 5 points for every C or every tick; at the end add up your total points to find out just how healthy you are.

The maximum possible score is 160.

Over 100

If you've scored anything over 100, check your life insurance policy, check your medical insurance and head straight for the nearest A & E department.

This is not the time to buy 'War and Peace' - you may not be around long enough to finish reading it!!

Between 50 and 100

Between 50 and 100 all is not lost - make a few basic changes to your eating and lifestyle, take a bit more exercise and you could soon get yourself into good condition and learn how to avoid the worst pitfalls.

35 to 50

35 to 50 - you're doing a great job!

You're probably eating well, taking some exercise, have a good understanding about how your body works, but you're still going out and having some fun.

30 to 35

30 to 35 - you win the booby prize!

You may be super healthy but I'd guess that your life is very dull. You're probably a food freak and a hypochondriac, worrying about everything you put in your mouth and the health risks of everything that's pleasurable in life. Lighten up, remember that in the concert of life there is no rehearsal - you might be a health fanatic but you could be struck by lightning tomorrow.

I'm sure you've worked it out by now, but all the 'A's are the healthiest or correct answers, 'B's not quite right, 'C's and ticks mean bad news.