



# Halifax Chiropractic Clinic

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## Health Trivia

by Dr. Brian S. Seaman, DC, FCCSS(C), FICC

*"I didn't know that!"*

Every day in my clinic I hear patients respond in this manner as they learn something new about their health or their body.

One fact that often brings a surprised look, is how high in your chest your first rib is. It is right underneath your collar bone (called the clavicle).

So with this in mind, here are fifteen (15) questions (plus a bonus question) about your health. For those of you who like puzzles, this will be a bit of a challenge.

- How many chambers does your heart have?
  - A) Three
  - B) Four
  - C) Five
  - D) Six
  
- Arteries carry blood in your body that has oxygen except for one artery. Which is it?
  - A) Coronary arteries.
  - B) Aorta
  - C) Vertebral artery.
  - D) Pulmonary artery.
  
- There is also a vein that carries blood with oxygen. What is it called?
  - A) Pulmonary vein.
  - B) Superior vena cava.
  - C) Inferior vena cava.
  - D) Renal vein.
  
- How many bones are in each of your legs (including the foot)?
  - A) 26.
  - B) 28.
  - C) 30.
  - D) 32.
  
- How many bones are in each of your arms (including the hand)?
  - A) 26.
  - B) 28.
  - C) 30.
  - D) 32.
  
- How often does Health Canada recommend that you have a tetanus shot?
  - A) 5 years
  - B) 10 years.
  - C) 12 years.
  - D) Once in a lifetime.
  
- At what age should a man begin having annual check-ups for his prostate (rectal exam and PSA blood test) if there are risk factors such as a strong family history of prostate cancer?



- A) 40.
  - B) 45.
  - C) 50.
  - D) 65.
- How often do you have to be inoculated for Hepatitis A and B (ie. combined Hepatitis vaccines)?
    - A) Every 5 years.
    - B) Every 10 years.
    - C) Every 15 years.
    - D) Once in your lifetime.
  - What does CBC stand for?
    - A) Canadian Broadcasting Corporation.
    - B) Corpus blood census.
    - C) Connective blood cells.
    - D) Complete blood count.
  - Cranial nerves control a lot of very important functions in the head and facial areas. How many cranial nerves are there?
    - A) 6.
    - B) 8.
    - D) 10.
    - E) 12.
  - Ultrasound can be used for a number of things; some of which you are aware of – maybe some not. Which can it be used for?
    - A) Checking on babies.
    - B) Checking on blood flow.
    - C) Checking for muscle tears.
    - D) All of the above.
  - Walking benefits what areas of your body?
    - A) Muscles.
    - B) Bones.
    - C) Heart and lungs.
    - D) All of the above.
  - Your pelvis is made of how many bones?
    - A) 2.
    - B) 3.
    - C) 4.
    - D) 6.
  - You had a bone density study at the hospital. What areas of your body are most commonly assessed?
    - A) Wrist and foot.
    - B) Wrist and hip.
    - C) Lower back and wrist
    - D) Lower back and hip.
  - What side of the body is assessed in bone density studies (to check if you have osteoporosis)?
    - A) Right side.
    - B) Left Side.
    - C) Both sides.
    - D) Opposite side to your handedness.

#### Bonus Question

Osteoporosis is an important health issue to the elderly population. If someone has been diagnosed with osteoporosis, as a result of a bone density study, what could the 'T-score' have been?

- -0.5.
- -1.5.
- -2.0.

- -3.0.

### The Answers

Don't peek before you finish the quiz!

Here are the answers to the quiz. B. 4.

- D. Pulmonary artery.
- A. Pulmonary vein.
- C. 30 bones.
- C. 30 bones.
- B. 10 years.
- A. 40 years old. (Source: Health Canada).
- D. Once you have completed the initial injections, no booster shot is needed. (Source: Health Canada).
- D. Complete blood count.
- D. 12.
- D. All of the above.
- D. All of the above.
- B. 3 bones.
- D. Lower back and hip.
- D. If you are right handed the left side is tested, and if you are left handed, the right side is tested.

Bonus Question: D. Any T-score which is -2.5 or lower (as in the case with minus 3.0) would be considered to be osteoporosis.

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