1. Plaques and tangles in the brain are two of the main features of ________ disease.
   a. Parkinson’s  
   b. Huntington’s  
   c. Alzheimer’s

2. Atopic dermatitis, also known as eczema, is a non-contagious inflammatory skin condition that affects an estimated 30 percent of the U.S. population.
   - [ ] True  
   - [ ] False

3. An estimated 2 million Americans between the ages of 20 and 69 already have irreversible hearing loss caused by loud sounds.
   - [ ] True  
   - [ ] False

4. The hormone ________ helps to make and rebuild bones.
   a. peptide  
   b. estrogen  
   c. endorphin

5. Dementia is the loss of cognitive functioning—thinking, remembering, and reasoning—and behavioral abilities to such an extent that it interferes with a person’s daily life and activities.
   - [ ] True  
   - [ ] False

6. Taking too ________ and not moisturizing the skin properly afterward may also make eczema worse.
   a. much vitamin D  
   b. many drinks of water  
   c. many baths or showers

7. Noise is too loud when:.
   a. You have to raise your voice to be understood by someone standing nearby.  
   b. The noise hurts your ears.  
   c. You’ve got a buzzing or ringing in your ears, even temporarily.  
   d. None of the above  
   e. a, b, and c

8. As you grow older, your body needs more vitamin E, which is made by your skin when you’re in the sun.
   - [ ] True  
   - [ ] False