

LIFESMARTS SEPTEMBER 2022

SUN	MON	TUES	WED	THURS	FRI	SAT
				1 The Heimlich maneuver is a remedy for what medical emergency?	2 Name three methods of treatment for a sprained ankle:	3 This is a serious, potentially life-threatening allergic reaction:
4 When would you go to urgent care rather than an emergency room for medical care?	5 Name two symptoms of carbon monoxide poisoning:	6 Name three risk factors for lung cancer:	7 You may use a water-based fire extinguisher, or one labeled with an "A," for what type of materials?	8 Both kill microorganisms, but explain the difference between antiseptics and disinfectants:	9 Name the three elements in the fire triangle:	10 Why is it recommended to replace home smoke alarms after 10 years?
11 When a substance can cause adverse health effects, it is described as:	12 Name a macronutrient:	13 In the human body this organ cleanses the blood and aids in digestion by secreting bile:	14 The Center for Food Safety and Applied Nutrition is part of which larger federal agency?	15 Name the first two items on a Nutrition Facts label:	16 Foods that contain this macronutrient raise blood glucose. What is it?	17 This type of exercise increases muscle strength and mass, bone strength and your body's metabolism:
18 Fast-growing active teens may need to snack between meals. Why is this advised?	19 Why does the US Environmental Protection Agency provide UV Alerts?	20 A garment has a UPF rating of 30. What does that mean?	21 Sunscreen lotion helps prevent your skin from getting burned. What does SPF stand for?	22 The UPF of a fabric depends on several factors. Name two:	23 Sunscreen containing zinc oxide screens out these rays, which are associated with skin cancer and aging skin:	24 Name one way zinc oxide works as a sunscreen ingredient:
25 if sunscreen protects against both UVA and UVB rays it can be labeled as:	26 Name one sign that someone may have opioid use disorder, or OUD:	27 Medications for Opioid Use Disorder typically use medications in combination with what therapy?	28 Investigational products include drugs, vaccines, and devices used in what type of medical setting?	29 What is Pharmacoepidemiology?	30 What does the benefit-risk balance help determine for a patient who is prescribed a new medication?	

