

October 2008

Question of the Day Answer Key

1. A cough suppressant
2. Gently take your foot off of the accelerator
3. Smoke alarm
6. Arson
7. Seafood, eggs, produce, beef or poultry
8. Breast cancer
9. Dept. of Health and Human Services (includes FDA and CDC), USDA, EPA, US Customs Service, US Dept. of Treasury, US Dept. of Justice, US Dept. of Commerce, or Federal Trade Commission
10. The process may cause a small loss of nutrients; it prolongs shelf-life
14. Obesity; obese
15. Sprains, fractures, contusions and abrasions
16. Pain, soreness, muscle spasm, muscle weakness, localized swelling, cramping, inflammation, some loss of muscle function
17. Wear contact lenses only if they are fitted and prescribed by an eye-care professional; do not purchase contact lenses from gas stations, video stores, record shops or any vendor not authorized by law to dispense contact lenses; never swim while wearing contact lenses; make sure contact lenses are properly cleaned and disinfected; wash your hands before handling and cleaning your contact lenses; never swap or share contact lenses with anyone; do not sleep while wearing your contact lenses unless they are extended-wear lenses specifically designed for that purpose; replace as needed
20. Hysterectomy
21. Liver disease; hemochromatosis, an iron disorder; diabetes; stomach problems, including previous stomach surgery and low stomach acid (for example, from antacid use); cancer; immune disorders, including HIV infection; long-term steroid use, as for asthma and arthritis
22. Broccoli, seeds, nuts, kale, bok choy, legumes (peas and beans), greens, soy products, grain products
23. Excessive thirst (polydipsia); excessive hunger (polyphagia); excessive urination (polyuria); blurred vision; unintended weight loss; tingling or numbness in feet or hands; sores that are slow to heal; and dry itchy skin
27. Fatigue and loss of energy, dizziness, muscle weakness, muscle cramps, thirst, nausea, vomiting, shallow breathing, increased heart rate, a change in mental status such as confusion, a change in body temperature, headache, dry mouth, no urine output, no tears, sunken eyes or other soft tissue
28. Vertebrae
29. The eye
30. Chickenpox