

# Care CEUs

## Biology of Aging

### What is Aging?

**1. Baltimore Longitudinal Study of Aging (BLSA) findings suggest that significant changes in personality are not due to normal aging, but instead may be early signs of disease or dementia.**

- A. True
  - B. False
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**2. Around the age of \_\_\_\_\_ lung tissue starts to lose elasticity and the muscles of the rib cage slowly begin to shrink.**

- A. 50
  - B. 40
  - C. 30
  - D. 20
- 

### Uncovering Family Secrets To A Long Life

**3. Most of what we know about factors that can contribute to a long lifespan and health span is based on research in family studies.**

- A. True
  - B. False
- 

### Pathways of Longevity Genes

**4. A recent report suggests that people with a mutation related to the sirtuin cell pathway may have less risk of developing diabetes and cancer.**

- A. True
  - B. False
- 

### Epigenetics

**5. Epigenetics research looks at how your environment, over time, can affect how your genes work and influence your \_\_\_\_\_, health, and aging.**

- A. Disease risk
  - B. Quality of life
  - C. Growth
  - D. Development
- 

## **Stress**

**6. Cells in our bodies use amphipathic lipids to counteract damage from oxygen free radicals.**

- A. True
  - B. False
- 

**7. Scientists have found that the stress response from age-related damage to DNA and proteins is more responsible for deterioration than the damage itself.**

- A. True
  - B. False
- 

## **Immune System**

**8. Research has shown that, with age, innate immune cells lose some of their ability to communicate with each other which makes it difficult for the cells to react adequately to potentially harmful germs.**

- A. True
  - B. False
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