

Arthritis Pop Quiz

Answers



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| 1. Which Pulp band member talks about life with rheumatoid arthritis? | B. Candida Doyle |
| 2. What is a possible trigger for rheumatoid arthritis? | A. Oestrogen |
| 3. How many people in the UK live with arthritis? | C. 10 million |
| 4. Pick the odd one out (what isn't arthritis) | A. Fibromyalgia |
| 5. Which Harry Potter actor openly talks about their experiences with arthritis? | D. Miriam Margolyes |
| 6. When did the first hip replacement surgery take place in the UK? | C. 1962 |
| 7. Which Scottish cyclist broke a Guinness World Record after their arthritis diagnosis? | B. Josh Quigley |
| 8. How long has Arthritis Action promoted the self-management approach? | A. Over 80 years |
| 9. Truth or Myth: exercise is bad for arthritis | MYTH |
| 10. What doesn't form part of the Mediterranean diet? | C. Sausages |

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| 11. What is an alternative term for 'pacing'? | A. Managing |
| 12. What is the largest cause of disability in the UK? | D. Arthritis |
| 13. Which actor in <i>The Magnificent Seven</i> complained about painful joints? | C. James Coburn |
| 14. Truth or Myth: arthritis is an inevitable part of aging. | MYTH |
| 15. What does MSK stand for? | B. Musculoskeletal |
| 16. Which Star Trek Captain has been vocal about his arthritis treatment? | A. Picard |
| 17. How many 'working days' are lost due to conditions like arthritis? | C. 23.3m |
| 18. Which type of exercise puts least amount of pressure on joints? | A. Swimming |
| 19. By the age of 70, what percentage of the population will have arthritis? | D. 50% |
| 20. Truth or Myth: nightshade vegetables like tomatoes cause inflammation. | MYTH |