

Arthritis Pop Quiz

Test your knowledge with the Arthritis Pop Quiz

Team name: _____



1. Which Pulp band member talks about life with rheumatoid arthritis?	A. Jarvis Cocker C. Nick Banks	B. Candida Doyle D. Mark Webber
2. What is a possible trigger for rheumatoid arthritis?	A. Oestrogen C. Lemons	B. Skydiving D. Laughter
3. How many people in the UK live with arthritis?	A. 8 million C. 10 million	B. 1 million D. 5 million
4. Pick the odd one out (what isn't arthritis)	A. Fibromyalgia C. Tinnitus	B. Dicromatism D. Diaphysis
5. Which Harry Potter actor openly talks about their experiences with arthritis?	A. Julie Walters C. Maggie Smith	B. John Hurt D. Miriam Margolyes
6. When did the first hip replacement surgery take place in the UK?	A. 1949 C. 1962	B. 1980 D. 1927
7. Which Scottish cyclist broke a Guinness World Record after their arthritis diagnosis?	A. Chris Hoy C. Mark Stewart	B. Josh Quigley D. James McCallum
8. How long has Arthritis Action promoted the self-management approach?	A. Over 80 years C. 40 years	B. 25 years D. 15 years
9. Truth or Myth: exercise is bad for arthritis	TRUTH	MYTH
10. What doesn't form part of the Mediterranean diet?	A. Olive oil C. Sausages	B. Nuts D. Beans

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11. What is an alternative term for 'pacing'?	A. Managing C. Coughing	B. Sitting D. Sleeping
12. What is the largest cause of disability in the UK?	A. Drink driving C. Dancing	B. Smoking D. Arthritis
13. Which actor in <i>The Magnificent Seven</i> complained about painful joints?	A. Steve McQueen C. James Coburn	B. Yul Brynner D. Charles Bronson
14. Truth or Myth: arthritis is an inevitable part of aging.	TRUTH	MYTH
15. What does MSK stand for?	A. Main Ship Keel C. May Short Knoll	B. Musculoskeletal D. Man Stand Kit
16. Which Star Trek Captain has been vocal about his arthritis treatment?	A. Picard C. Janeway	B. Kirk D. Pike
17. How many 'working days' are lost due to conditions like arthritis?	A. 100.6k C. 23.3m	B. 2.8m D. 500k
18. Which type of exercise puts least amount of pressure on joints?	A. Swimming C. Boxing	B. Running D. Tennis
19. By the age of 70, what percentage of the population will have arthritis?	A. 80% C. 5%	B. 20% D. 50%
20. Truth or Myth: nightshade vegetables like tomatoes cause inflammation.	TRUTH	MYTH