

Name _____

The Importance of Regular Doctor Visits: Your Health Matters

Multiple Choice Questions

1. Why are regular check-ups compared to car maintenance in the text?
 - a) To promote car sales
 - b) To show that cars need more care than humans
 - c) To highlight the importance of early detection and prevention
 - d) To encourage people to walk instead of driving

2. What is the primary benefit of catching health issues early through regular check-ups?
 - a) It saves you money
 - b) It makes you popular with your doctor
 - c) Health issues become easier to treat
 - d) It guarantees perfect health

3. How can regular doctor visits contribute to reducing anxiety and stress?
 - a) Doctors prescribe medications to reduce stress
 - b) Knowing you're in good health can reduce worry
 - c) Doctors offer free massages during visits
 - d) Regular check-ups are stressful events

4. In addition to detecting health issues, what else can doctors help with during regular check-ups?
 - a) Cooking lessons
 - b) Gardening tips
 - c) Lifestyle advice and disease prevention
 - d) Telling jokes to cheer you up

5. What does the text mention as a reason for managing chronic conditions through regular visits?
 - a) Doctors enjoy treating chronic conditions
 - b) Chronic conditions are not serious
 - c) To keep chronic conditions under control and ensure better health
 - d) Managing chronic conditions is impossible

