

## IHS Continuing Education Test

1. **Patients have been reported to often feel:**  
 A: Frustrated  
 B: Lonely  
 C: Stressed  
 D: Depressed  
 E: All of the above
2. **Tinnitus is how many times more prevalent under stress?**  
 A: 2 times  
 B: 2.5 times  
 C: 5 times  
 D: 20 times
3. **Hearing loss can cause stress and stress can cause hearing loss.**  
 A: True  
 B: False
4. **The body's stress hormone cortisol can change the ear's physiology by:**  
 A: A genomic level  
 B: Non-genomic local level  
 C: Both
5. **Which of the following strategies has an immediate impact on lowering cortisol levels?**  
 A: Running  
 B: Biking  
 C: Diaphragmic breathing  
 D: Talking about problems
6. **What are the 3 B's for healthy blood vessels?**  
 A: Beets, berries, and body movement  
 B: Biking, breathing, and baths  
 C: Bananas, blueberries, and beets  
 D: Breakfast, breathing, and breaks
7. **Vitamins and minerals have not been shown to play a role in hearing function:**  
 A: True  
 B: False
8. **What is the food group of fibers that can make short chain fatty acids to prolong survival of spiral ganglion neurons?**  
 A: Probiotics  
 B: Prebiotics  
 C: Whole wheat  
 D: Gut bacteria
9. **Food sources of this fiber that make short chain fatty acids include:**  
 A: Oats  
 B: Asparagus  
 C: Sweet potato  
 D: Onion  
 E: None of the above  
 F: All of the above
10. **Supporting our patients could include:**  
 A: Stress management  
 B: General nutrition recommendations  
 C: Diagnosing their diabetes  
 D: Treating psychological issues  
 E: A and B  
 F: A, B, C  
 G: None of the above

For continuing education credit, complete this test and send the answer section at the bottom of the page to:

**International Hearing Society**  
**16880 Middlebelt Rd., Ste. 4**  
**Livonia, MI 48154**

You may also fax to 734.522.0200 or email to:  
[professionaldevelopment@ihsinfo.org](mailto:professionaldevelopment@ihsinfo.org).

- After your test has been graded and you have passed with 70% or better, you will receive an IHS certificate of completion. All questions regarding the examination must be in writing and directed to IHS.
- Credit: IHS designates this professional development activity for one (1) continuing education credit.
- Fees: \$29 IHS member\*, \$59 non-member (Payment in U.S. funds only)  
 \* Miracle-Ear IHS members may receive up to 5 complimentary webinar CEs per calendar year.
- In order to receive any bonus materials associated with this webinar, you must submit a completed CE quiz **with payment**, and successfully pass. **No exceptions.**

### WEBINAR: The Cortisol Effect – How the Stress Response Can Play a Role in Physical and Mental Health, as well as Hearing

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### ANSWER SECTION

(Circle the correct response from the test questions above.)

- |                     |                          |
|---------------------|--------------------------|
| 1. <u>A</u> B C D E | 6. A <u>B</u> C D        |
| 2. <u>A</u> B C D   | 7. <u>A</u> B            |
| 3. <u>A</u> B       | 8. <u>A</u> B C D        |
| 4. <u>A</u> B C     | 9. <u>A</u> B C D E F    |
| 5. <u>A</u> B C D   | 10. <u>A</u> B C D E F G |