

Entrepreneurial Wellness and Physiology

Entrepreneurship And Human Health · Answer Key · 15 Questions

1. Which hormone, often associated with the high-stress environment of startup founding, is primarily produced in the adrenal cortex in response to perceived threats?

A) Cortisol

- B) Insulin
- C) Thyroxine
- D) Melatonin

2. Long-term sleep deprivation, frequently reported by early-stage entrepreneurs, has been clinically linked to an increased risk of which metabolic condition?

A) Type 2 Diabetes

- B) Hyperthyroidism
- C) Anemia
- D) Pernicious Anemia

3. What is the average number of hours the human brain can maintain peak executive function and deep focus before cognitive performance typically declines?

A) 2 to 4 hours

- B) 8 to 10 hours
- C) 12 to 14 hours
- D) 16 to 18 hours

4. Which part of the human brain is most directly responsible for the 'fight or flight' response triggered during high-stakes business negotiations?

A) Amygdala

- B) Cerebellum
- C) Occipital Lobe
- D) Medulla Oblongata

5. The sustained visual fatigue experienced by entrepreneurs working long hours at digital screens is medically known as what?

A) Computer Vision Syndrome

- B) Ocular Hypertension
- C) Macular Degeneration
- D) Retinal Detachment

6. Which neurotransmitter is primarily responsible for the 'reward' feeling when an entrepreneur achieves a milestone or receives positive feedback?

A) Dopamine

B) Adrenaline

C) Cortisol

D) Serotonin

7. Prolonged sedentary behavior in office environments is a known risk factor for the development of which cardiovascular condition?

A) Deep Vein Thrombosis

B) Atrial Fibrillation

C) Heart Valve Prolapse

D) Pericarditis

8. What is the minimum recommended duration of moderate-intensity aerobic physical activity per week for adults to maintain optimal cardiovascular health?

A) 150 minutes

B) 45 minutes

C) 300 minutes

D) 60 minutes

9. Which organ is primarily responsible for metabolizing the caffeine consumed by many entrepreneurs to maintain wakefulness?

A) Liver

B) Kidneys

C) Pancreas

D) Stomach

10. Chronic stress in high-pressure entrepreneurial roles can lead to the physical thinning of which protective tissue in the stomach lining?

A) Mucosal barrier

B) Dermis

C) Epidermis

D) Cartilage

11. Which essential vitamin, often deficient in office-bound workers with low sunlight exposure, is synthesized by the skin upon UVB radiation exposure?

A) Vitamin D

B) Vitamin C

C) Vitamin B12

D) Vitamin K

12. What physiological phenomenon occurs when the body's circadian rhythm is disrupted by irregular 'hustle culture' sleep schedules?

A) Social Jetlag

B) Circadian Alignment

C) Hypoglycemia

D) Tachycardia

13. Which mineral is essential for maintaining nerve function and preventing muscle cramps during high-stress, physically demanding work periods?

A) Magnesium

B) Iron

C) Calcium

D) Zinc

14. What is the medical term for the high blood pressure that can be induced by chronic environmental stress and lack of physical exercise?

A) Hypertension

B) Hypotension

C) Bradycardia

D) Arrhythmia

15. Which substance, when consumed in excess during 'all-nighters', acts as a diuretic, potentially leading to dehydration?

A) Caffeine

B) Protein

C) Fiber

D) Carbohydrates