

Women's Health Quiz

(Answer Key follows the quiz questions)

- At what age do women achieve peak bone density?
 - 25
 - 30
 - 35
 - 40
- Women who consume a vegetarian diet require less iron than women who consume animal products.
 - True
 - False
- What are risk factors for developing osteoporosis? Select all that apply.
 - Inactivity
 - Smoking
 - Alcohol intake
 - Height
 - Gender
 - All of the above
- Women are up to 40% more likely to suffer from mental health issues than men.
 - True
 - False
- Besides the classic heart attack symptoms such as chest pain and sweating, women can experience the following symptoms. Select all that apply.
 - Fatigue
 - Hair loss
 - Dizziness
 - Upper back pressure
 - Dry skin
- The need for calcium and vitamin D is increased in post-menopausal women.
 - True
 - False
- Men are more likely to suffer from sleep disturbances, such as insomnia, than women.
 - True
 - False
- What percentage of women are likely to break a bone after 50, due to osteoporosis.
 - 15%
 - 25%
 - 50%
- A recent study out of Sunnybrook Health Centre found that the most important lifestyle factor in reducing risk of breast cancer recurrence is:
 - Diet
 - Exercise
 - Stress
- The risk for heart disease is six times higher for women with diabetes than those who don't have diabetes.
 - True
 - False

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1. b. Women achieve peak bone density at age 30. Bone density begins to decline unless women take measures (e.g. weight-bearing exercise, healthy diet) to maintain it – especially important post-menopause.
2. b. False Women who consume a vegetarian diet require an extra 14mg of iron to account for reduced iron absorption from plant sources.
3. f. All of the above. Getting more weight bearing exercise, stopping smoking and consuming no more than 1 drink/day are modifiable risk factors that can improve bone health.
4. a. True Women have more stress as they typically carry more of the burden in child care and domestic duties.
5. a. fatigue c. dizziness d. upper back pressure Women often experience different heart attack symptoms than men.
6. a. True Post-menopausal women need approximately 1200 mg Calcium and 800-2000 IU of Vit. D
7. b. False Women are more likely to suffer from sleep disturbances due to hormones and life stressors.
8. c. 50% of women over the age of 50 are more likely to break a bone due to osteoporosis. That is why continued regular weight bearing exercise and a healthy diet is important
9. b. Exercise While all factors are important, regular exercise had the greatest effect in reducing breast cancer recurrence.
10. a. True Maintaining a healthy weight, exercising and reducing stress can lower your risk of type 2 diabetes.