Appendix E: OSTEOPOROSIS QUIZ

Are you aware of diseases affecting bone e.g. osteoporosis  Yes □ No □

If yes, please answer the following questions

1. Osteoporosis is most likely to strike:
   - In childhood, when bones are forming
   - During the childbearing years
   - After menopause
   - During peri menopause (years before reaching menopause)

2. Treatment of osteoporosis consists primarily of which of the following?
   - Diet rich in calcium and vitamin D, weight-bearing exercise, and medications to stop bone loss and improve bone density
   - Steroid treatments and bed rest
   - Diet low in fat, physical therapy focusing on the spine and hip, and arthritis medication.
   - There are no treatment once you have developed osteoporosis.

3. A Bone Mineral Density (BMD) test:
   - Determines how your bone mass compares to other women of the same age and women at age 25-30.
   - Predicts if your bones are at risk for fracture and monitors the effects of treatment
   - Predicts if you will become stooped over without treatment
   - All of the above.

4. Which of the following is NOT a risk factor for osteoporosis?
   - A small, thin body frame
   - Personal and/or family history of broken bones in adulthood
   - Smoking
   - Diet high in calcium

5. Which of the following is not a weight-bearing exercise?
   - Swimming
   - Brisk walking
   - Dancing
   - Aerobics