

- Q.1. Multiple Choice Questions: (05)
- i. How many women get advance warning of an approaching period?
 - a) 90%
 - b) 60%
 - c) 30%
 - ii. Evening primrose oil is very effective in relieving:
 - a) premenstrual syndrome
 - b) menopause
 - c) premenstrual breast pain
 - iii. In western women the menopause occurs on average at:
 - a) 60 years
 - b) 55 years
 - c) 51 years
 - iv. To reduce the risk for osteoporosis one should get enough:
 - a) vitamin A and C in the diet
 - b) calcium and vitamin D in the diet
 - c) vitamins K and D in the diet
 - v. The cells that continuously dissolve bone into its component materials are called:
 - a) osteoporosis
 - b) osteoblasts
 - c) osteoclasts
 - vi. Bone is a static tissue, true or false?
 - a) True
 - b) False

The factors that can increase the risk of bone loss are divided into:

- a) Two groups
 - b) Three groups
 - c) Several groups
- viii. The recommended daily intake of calcium for an adult is around:
- a) 500 mg
 - b) 600 mg
 - c) 800 mg
- ix. On average 250 ml of cow's milk or 150 g of yogurt contains:
- a) 200 mg of calcium
 - b) 300 mg of calcium
 - c) 500 mg of calcium
- x. Frail, elderly people with poor mobility may be helped by taking a calcium supplement along with:
- a) vitamin A
 - b) vitamin K
 - c) vitamin D

Q.2. Short Questions: (21)

All Questions carry equal marks.

- i. How does a bone repair itself after a fracture?
- ii. How does osteoporosis affect a bone?
- iii. How can osteoporosis be prevented in women?
- iv. How can hot flushes be avoided in menopause?
- v. What is menopause?
- vi. What causes PMS?