Let's take bone health down to the **bare bones**.



Take this quiz to test your know-how.

- 1) Aside from calcium, what else is important to include in my diet to promote good bone health?
 - a. Vitamin D
 - b. Lean protein
 - **b.** Healthy fats
 - d. All of the above
- **2)** At what age should I begin getting regular DXA scans, if I have no risk factors?
 - a. 70 for women; 65 for men
 - **b.** 65 for women; 70 for men
 - c. 65 for both men and women
 - d. 70 for both men and women
 - e. None of the above what's a DXA scan anyway?
- 3) DXA is an abbreviation for:
 - a. Dual-energy X-ray absorptiometry
 - b. Data X-ray analyzer
 - c. Doctoral X-ray assessment
 - d. Density X-ray absorptiometry
 - e. Density X-ray assessment
- **4)** True or False: I can only get a DXA scan from a bone specialist.
 - **a.** True
 - **b.** False
- **5)** 1 in ____ women over the age of 50 will sustain an osteoporotic fracture.
 - **a.** 5
 - **b.** 4
 - **c.** 3
 - **d.** 2

- **6)** How long does a bone density test take from start to finish?
 - a. 15-20 minutes
 - **b.** 20-30 minutes
 - c. 35 minutes
 - d. Less than 15 minutes
 - e. More than 35 minutes
- 7) True or False: Osteoporosis only affects women and men don't need to worry about it.
 - **a.** True
 - **b.** False
- **8)** ____ Americans have low bone density or osteoporosis.
 - a. 20 million
 - b. 36 million
 - c. 54 million
 - d. 72 million
- **9)** Which of the below are risk factors for osteoporosis?
 - a. Age
 - b. Gender
 - c. Family and/or medical history
 - d. Lifestyle
 - e. Diet
 - f. All of the above
 - g. Trick Question the silent disease has no risk factors
- **10)** Aside from dairy, what's another good way to get calcium?
 - a. Kale
 - **b.** Turnip greens
 - c. Dandelion greens
 - d. Any and all leafy greens are good

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