

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