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
   c. 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

Answer key: 1) d, 2) b, 3) a, 4) b, 5) d, 6) a, 7) b, 8) c, 9) f, 10) d