

Osteoporosis Quiz

Name: _____

1. Name the mineral complex that makes bones hard and strong _____.
2. **Peak Bone Mass is:**
 - a. Is the type of bone developed between the age of 14-18 and becomes hard.
 - b. When bones become denser and the greatest amount you will ever have.
 - c. The amount of bone mass developed just before osteoporosis sets in.
 - d. Bone mass developed when taking supplements to overcome osteoporosis.
3. **True or False:** Adults Over age 50 need between 400-800 IU of vitamin D per day.
4. **True or False:** Losing weight can cause bone loss and lead to osteoporosis.
5. **Being screened for low bone density is (Mark all that apply):**
 - a. Not beneficial to those without symptoms of osteoporosis.
 - b. Predicts high blood pressure and risk of heart disease and stroke.
 - c. Predicts future fracture risk.
6. **Mark the following statements that are true:**
 - a. Too much protein in the diet can lead to osteoporosis.
 - b. Too much caffeine can lead to osteoporosis.
 - c. Too much sodium can lead to osteoporosis.
 - d. Non-cola carbonated soft drinks do not appear to have osteoporosis risk.
7. **True or False:** Eating a healthy diet and exercising while losing weight can prevent bone loss.
8. **True or False:** If you eat a well-balanced diet, experts believe that you should be able to get enough of the nutrients needed for healthy bones:
9. **Supplements:**
 - a. Are recommended for everyone to prevent osteoporosis.
 - b. Are inappropriate for those with gastrointestinal disorders.
 - c. Interferes with the absorption of vitamins and minerals in the body.
 - d. Are recommended for those who do not get enough from foods.