

Assignment 10

Total Marks: 30

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

- vii. 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?
- vii. How does female hormone work?

Case Study

(4)

Carol is in her early 40s. She complains of extreme fatigue, hot flushes, dryness and forgetfulness. She did not have her period for the last three months. She is running her own business and is currently under a lot of stress. Her diet primarily consists of refined processed foods because she thinks that she does not have enough time to cook and even to eat properly. She often skips her meals and does not take regular exercise.

1) Carol's problems suggest that she is suffering from:

- a) PMS
- b) PMDD
- c)
Menopause

2) With her present problems, is she at risk of developing osteoporosis?

- a)
Yes
- b)
No

3) What major changes should she make in her diet?

- a) She should immediately start taking multivitamin supplements.
- b) She should drink lots of tea and coffee.
- c) She should include whole foods and healthy fats in her diet.