

**State of Illinois**  
Rod R. Blagojevich, Governor

**Department of Public Health**  
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# Healthy Lifestyle Quiz for Women





# A Health Quiz

The Illinois Department of Public Health, Office of Women's Health, has designed this health quiz for you. While completing the quiz, write down any questions that cause you some concern or that you do not understand and discuss them with your physician or health care provider. The last section of this booklet includes suggestions for talking to your health care provider that may be helpful to review before you go to your next appointment. You also can call the toll-free Women's Health-Line at 1-888-522-1282 for information about any women's health issue.

## Heart Disease

**Q) What is the leading cause of death in women?**

- A. breast cancer
- B. cardiovascular disease
- C. accidents

**A) B.** Cardiovascular disease is the leading cause of death in American women. About 500,000 women die each year from cardiovascular disease and, most times, it can be prevented.

**Q) What can you do to help lower your chances of getting heart disease?**

- A. Stop smoking.
- B. Check your blood pressure regularly.
- C. Lose weight if you are overweight or obese.
- D. Keep active.

**A) All of the above.** By changing your habits, you can reduce your chances of getting heart disease. Your health care provider also

can help by working with you to control certain health problems such as diabetes or high cholesterol levels.

**Q) What are some heart attack warning signs?**

- A. chest discomfort
- B. pain in the upper body
- C. shortness of breath

**A) All of the above.** Discomfort can happen in your arms, back, neck, jaw or stomach. Other signs may include a cold sweat, nausea or light headedness.

**Q) How do you know for sure if you have high blood pressure?**

- A. You have night sweats.
- B. You have your blood pressure checked.
- C. You have frequent headaches.

**A) B.** Most people with high blood pressure have no specific warning signs. The only way to know is to have your blood pressure checked. People who are overweight are more likely to have high blood pressure.

**Q) True or False? Having your heart "skip a beat" is a sign of heart disease.**

**A) False.** Many people with normal hearts sometimes feel their hearts skipping a beat or beating faster or slower than normal. However, these events should be discussed with your health care provider.

# Breast Cancer

**Q) What is the best way to find out if you have breast cancer?**

- A. annual breast exam by a health care provider
- B. doing a breast self-exam every month
- C. getting a mammogram

**A) C.** Mammograms are the single best way to detect breast cancer in its earliest form--often before a lump can be felt. However, mammograms are not perfect and some breast cancers can be missed, especially if the breast is naturally lumpy. Besides having a mammogram every one to two years starting at age 40 (or, as often as your health care provider recommends), women also should have a health care provider do an annual breast exam and do monthly breast self-exams beginning at age 20. All unusual lumps or changes, even if a mammogram shows no problems, should be studied further.

**Q) What breast changes should be brought to the attention of a health care provider?**

- A. a lump or thickening in or near the breast or underarm area
- B. a change in the size or shape of the breast
- C. puckering, dimpling or redness of the breast

**A) All of the above.** A change you see or feel in your breast does not automatically mean you have cancer. There are many breast changes that are normal or non-cancerous conditions. However, all changes should be reported to your health care provider.

## Q) True or False? Having a family history of breast cancer means you will get breast cancer?

**A) False.** Women who have a family history of breast cancer are in a higher risk group; most women who have breast cancer have no family history.

## Q) You are more likely to get breast cancer if—

- A. you have never had a child.
- B. you have a major injury or bruise to the breast.
- C. you are overweight.
- D. you have a close (first-degree) relative with breast cancer (mother, sister, daughter).

**A) A, C and D.** Never having a child or having your first child after age 30, obesity and a strong family history all increase one's risk for breast cancer. An injury to the breast or fondling the breast does not increase risk. Almost 75 percent of breast cancer cases occur in women without any risk factors, so everyone should be checked every year.



**Q) True or False? Breast cancer always results in death.**

**A) False.** More than two million women live with breast cancer today. If detected early, women diagnosed with breast cancer have a survival rate of 96 percent. Early detection also gives women more treatment options, including the possibility of saving the breast.

## *Osteoporosis*

**Q) You are more likely to get osteoporosis if—**

- A. you smoke.
- B. you are slender.
- C. your diet is low in calcium.
- D. you do not exercise.

**A) All of the above.** In addition, you also are more likely to get osteoporosis if you drink large amounts of alcohol, start menopause early, have relatives who have osteoporosis, or take medications to treat asthma, seizures, lupus or hypothyroidism.

**Q) What is the most common symptom associated with osteoporosis?**

- A. loss of weight
- B. loss of height
- C. loss of physical strength

**A) B.** Loss of height may be a sign of osteoporosis. The bones in the back (vertebrae) crack or break as a result of the bone thinning associated with aging and, as the spine shortens, a person's overall height can be dramatically reduced.

**Q) True or False? Once you have osteoporosis, there is nothing you can do except try to prevent yourself from falling.**

**A) False.** There are several new drugs on the market that either help limit further bone loss or help increase bone strength. If you have osteoporosis, talk to your health care provider about these new therapies.

**Q) What are the best sources of calcium in the diet?**

- A. milk and milk products
- B. dark yellow vegetables
- C. sardines and salmon with bones
- D. whole grains and oats

**A) A and C.** Milk and milk products, like yogurt and cheese, and canned salmon and sardines with bones provide higher levels of calcium than other foods. Dark green vegetables, like beet and turnip greens, also provide some calcium as do certain kinds of tofu.



**Q) True or False? Physical exercise can help lower your chances of getting osteoporosis.**

**A) True.** Exercises, such as walking, jogging or working out with weights, have been shown to increase muscle strength and to maintain bone strength.

## *Menopause*

**Q) What is menopause?**

- A. the time when your periods stop permanently
- B. a normal part of aging
- C. a slowing of ovarian activity, including estrogen production

**A) All of the above.** Although some women can start much earlier or many years later, the average age of menopause is 51 years. Women who smoke reach menopause around two years earlier than women who do not smoke.

**Q) True or False? Perimenopause is the period up to six years or more before natural menopause plus one year after menopause.**

**A) True.** During this time, many women will experience irregular menstruation, including skipped periods, light periods and very heavy periods.

## Q) What are the symptoms of menopause?

- A. hot flashes
- B. mood swings, short-term memory loss
- C. urinary problems, such as leaking when you cough or sneeze
- D. vaginal dryness, painful sex

**A) All of the above.** Not all women experience all of these symptoms but these symptoms generally cause women to seek out medical advice.

## Q) What are the most serious health concerns associated with menopause?

- A. osteoporosis (thinning, brittle bones)
- B. increased risk for heart disease
- C. hot flashes

**A) A and B.** While hot flashes are one of the more common and visible symptoms of menopause, they are not life-threatening. Osteoporosis and heart disease are serious health problems and women should discuss with their health care provider what they can do to decrease the risk of these conditions.

## Q) What can women do to minimize the symptoms and health problems associated with menopause?

- A. Maintain a well-balanced diet.
- B. Participate in a good exercise program.
- C. Take hormone replacement therapy.

**A) All of the above.** Modifying your diet to include more calcium-rich foods and less fat can help to reduce the more serious health concerns associated with menopause. Weight-bearing and aerobic exercise, such as walking, jogging, weight lifting and dancing, each day for 30 minutes at a time can help to reduce both the short- and long-term effects of menopause. Using menopausal hormone therapy for just a short time is still approved by the U.S. Food and Drug Administration to control the symptoms of menopause and to protect women from bone loss that could lead to osteoporosis. However, each woman should discuss the benefits and risks of hormone therapy with her health care provider and also assess her personal risk for these conditions.

## *Mental Health*

**Q) What is clinical depression?**

- A. a personality weakness
- B. a normal part of aging
- C. a treatable medical illness
- D. an irreversible disease

**A) C.** Clinical depression is a medical illness. The large majority of cases, including the most serious, are highly responsive to treatment, yet only one-third of people with clinical depression seek treatment. More than 80 percent of people with depression can be successfully treated.



## Q) What are the symptoms of clinical depression?

- A. persistent sadness, anxiety or nervousness
- B. sleeping too little or too much
- C. reduced appetite and/or weight loss or gaining weight
- D. loss of interest in activities once enjoyed, including sex
- E. feeling guilty, hopeless, worthless

**A) All of the above.** In addition to these symptoms, other signs of possible clinical depression are irritability, persistent physical symptoms that do not respond to treatment, difficulty in concentrating, loss of energy and thoughts of suicide. If you experience at least five of these symptoms for two weeks or more, you should seek the advice of a health care provider.

## Q) True or false? Men are twice as likely as women to experience depression.

**A) False.** Studies have shown that women are twice as likely as men to experience depression. One in seven women will be affected during her lifetime, but nearly two-thirds will not get the help they need.

## Q) True or False? Psychiatrists are the only health professionals who can properly diagnose and treat mental illnesses.

**A) False.** Many professionals can treat mental illnesses, including social workers, psychologists, marriage and family therapists, and pastoral counselors. Treatment may include medication, psychotherapy or both. However,

only medical doctors, including psychiatrists, can prescribe medication.

**Q) True or False? People suffering some mental illnesses may suffer from substance abuse (abuse of drugs or alcohol).**

**A) True.** Persons with mental illnesses, specifically people who are not seeing a professional about their condition, may abuse drugs or alcohol in order to relieve the uncomfortable symptoms associated with their illnesses. Individuals should undergo a complete examination by a trained professional to properly diagnose the causes for the substance abuse so that treatments can be developed to help both problems.

## *Domestic Violence*

**Q) What is the most frequent cause of injury to women?**

- A. automobile crashes
- B. partner abuse
- C. muggings
- D. rape

**A) B.** More women are injured from physical abuse by a husband or boyfriend than from car crashes, muggings and rapes combined. More than 4,000 women a year are killed by a current or former partner as a result of domestic violence.

**Q) True or False? Domestic violence only happens in low-income and minority households.**

**A) False.** Domestic violence can happen to anyone, regardless of where they live or the amount of money they have. However, low-income women are more likely to seek help from public agencies and, therefore, are more likely to be counted in domestic violence statistics. Women who seek private help often are not included in these reports.

**Q) True or False? Because everyone loses their temper at some time, most domestic violence happens only once.**

**A) False.** Domestic violence usually increases over time. Statistics show that once a woman is victimized, her chances of being hurt again are high.

**Q) Why would a woman stay with an abusive partner?**

- A. She is afraid; she is at greatest risk of violence when she attempts to leave.
- B. She has nowhere to go and little or no resources to help.
- C. Due to cultural or religious beliefs, she may feel that it is her duty to keep the marriage together at all costs.
- D. She wants to keep the family together for the children's sake.

**A) All of the above.** Many women want the violence to end but not the relationship. They may go through many steps or stages as they try to create a violence-free life for themselves and their children.

**Q) True or False? Children who witness physical abuse in the home are more likely to have health and behavioral problems.**

**A) True.** Children often directly see the physical or mental abuse going on in the home or they indirectly see it by overhearing fights or seeing the resulting injuries or property damage. In addition to various adjustment problems, children also may feel responsible for stopping the violence and protecting their mothers, sisters and brothers. They may feel they are to blame for the violence, or they may come to believe that violence is an acceptable way to solve problems. Several studies have shown that boys who see their mothers being abused are more likely to become abusers in their teen and adult years.

## *Nutrition*

**Q) Eating at least five to nine servings of fruits and vegetables every day as part of a low-fat, high-fiber diet may help lower the chances of getting cancer and cardiovascular disease. What constitutes one serving?**

- A. 1 cup of raw leafy vegetables
- B. 3/4 cup of 100 percent fruit juice
- C. 1/2 cup raw or cooked vegetables or cut-up fruit

**A) All of the above.** Many people are already eating two to three servings of fruits and vegetables a day. Getting five to nine servings a day may be easier than you think.

For example, to add two servings a day, select a low-fat salad for lunch and have an apple for a snack.

**Q) Which of the following is a good source of fiber?**

- A. kiwi fruit
- B. spinach
- C. strawberries
- D. sweet potato

**A) All of the above.** The American Dietetic Association recommends that you have 20-35 grams of fiber a day; most Americans average only 14-15 grams a day. Fiber is found in whole fruits, vegetables, whole grain breads and cereals, dried beans and peas. Foods high in fiber contain five or more grams of fiber per serving. Check food labels to help in determining the amount of dietary fiber in the foods you select to eat.

**Q) Which of the following contains the least amount of fat?**

- A. turkey or chicken hot dogs
- B. a poached salmon
- C. broiled chicken breasts

**A) C.** Many government reports recommend that Americans obtain no more than 30 percent of their calories from dietary fat each day. Broiled chicken breasts, which get about 20 percent of their calories from fat. In contrast, turkey or chicken hot dogs get half their calories from fat, and poached salmon gets 35 percent of its calories from fat. For a lower fat option, try pasta with tomato sauce and steamed vegetables or bake, broil or boil foods to reduce the total amount of fat consumed in your diet.

**Q) If you snack, what are your best choices?**

- A. buttered popcorn
- B. air-popped popcorn
- C. dry-roasted peanuts
- D. turkey and mustard sandwich
- E. potato chips

**A) B and D.** High-fat diets are a risk factor for both heart disease and cancer. Limiting the fat in your diet to no more than 60-65 grams total per day (30 percent of total dietary intake) is important for your good health. One cup of buttered popcorn contains about 10 grams of fat while air-popped popcorn has less than one gram of fat. A turkey sandwich on whole wheat bread with mustard has about six grams of fat. Potato chips have about 10 grams and dry-roasted peanuts have 12 grams of fat per ounce. Read labels to help determine the fat content of various foods.

**Q) After menopause, what is the minimum amount of calcium I should have in my diet per day?**

- A. I don't need calcium; my bones have stopped growing.
- B. 500 mg
- C. 1,200-1,500 mg

**A) C.** Post-menopausal women need from 1,200-1,500 mg. of calcium. Vitamin D helps the body absorb calcium. Drinking fortified milk, eating liver or tuna and taking a multivitamin are good ways to get vitamin D.

# Smoking

**Q) When do most women start to smoke?**

- A. during college
- B. as a teenager
- C. under age 12

**A) B.** Women who smoke usually start as teenagers--before high school graduation. The younger a girl starts to smoke, the greater her chances of becoming a heavy smoker as an adult.

**Q) True or False? I've smoked for more than half my life. It's too late for me to quit now.**

**A) False.** Former smokers live longer than people who still smoke. Once you stop smoking, you decrease your chance of lung cancer, other cancers, heart attack, stroke and chronic lung disease.

**Q) What is the leading cause of cancer deaths among women?**

- A. breast
- B. colorectal
- C. ovarian
- D. lung

**A) D.** Lung cancer is the leading cause of death from cancer among women. The chance from dying of lung cancer is 20 times higher among women who smoke two or more packs of cigarettes a day than for women who do not smoke. One out of five women in America smokes and women are starting to smoke at younger ages.

## Q) True or False? Secondhand smoke is not dangerous.

**A) False.** Secondhand smoke contains more than 4,000 chemical compounds. More than 60 of these are known or suspected to cause cancer. Children of parents who smoke have more frequent respiratory problems.

## Q) In addition to cancer, smoking also can contribute to which of the following?

- A. heart disease
- B. stroke
- C. osteoporosis
- D. problems during pregnancy

**A) All of the above.** Smoking can increase your risk of heart disease, heart attack, stroke and osteoporosis (thinning and weakening of your bones). It can affect your ability to get pregnant. Smoking when pregnant increases your chances of premature or early birth and of having a baby with a low birth weight.



# Alcohol And Other Drugs

**Q) Which of the following are signs of a possible drinking problem?**

- A. missing work or school because of a hangover
- B. being arrested for drunk driving
- C. feeling a need for a drink early in the morning

**A) All of the above.** If one or more of these signs are true for you, you should consult your health care provider.

**Q) True or False? Alcohol affects men and women in the same way.**

**A) False.** Though women generally drink less alcohol, women do not absorb alcohol in the same way as men do. Women become more intoxicated than men drinking the same amount of alcohol because of body size and composition. Late-stage complications of alcoholism, such as liver damage, hypertension, anemia and malnutrition can develop sooner in women, even though they may not have been drinking as much or as long as men.

**Q) Finish this sentence: Drinking during pregnancy...**

- A. is dangerous for the baby.
- B. is no big deal.
- C. is OK if you have only one drink a day.

**A) A.** Drinking during pregnancy is dangerous. It's not known how much alcohol can cause problems. A baby can be born mentally retarded, or with learning and behavioral problems that can last a lifetime.

## Q) Which of the following are consequences of unsafe drinking?

- A. Drunk driving is one of the leading causes of teen death.
- B. Drinking makes young women more vulnerable to sexual assault and unsafe, unplanned sex.
- C. Girls who begin drinking before age 15 have a greater chance of developing alcohol abuse or alcoholism.

**A) All of the above.** Drinking is illegal for anyone under 21; however, the reality is that adolescent girls drink. About 41 percent of ninth-grade girls report drinking in the past month and more than 20 percent of these same young girls report having five or more drinks once during the previous month.

## Q) Older women can experience alcohol or drug abuse problems for which of the following reasons?

- A. They are unable to handle alcohol like they used to.
- B. They mix alcohol with prescription drugs.
- C. They feel lonely or depressed.



**A) All of the above.** As women age, their ability to handle alcohol changes, making them more susceptible to effects of alcohol. The drink you barely noticed at age 30 will feel like two or three drinks when you are 60. Mixing alcohol with prescriptions or over-the-counter drugs is another problem among older women. Drinking alcohol while taking other drugs can be very dangerous or even fatal. Drinking patterns may change as women grow older and face certain age-related losses such as retirement, the "empty nest" or the death of a spouse or good friend. Some women drink more or begin drinking to deal with these stresses.

## *Physical Activity*

**Q) Which type of exercise helps your heart the most?**

- A. stretching
- B. aerobic exercise (walking, jogging, swimming, riding a bike, etc.)
- C. weight training



**A) B.** To maintain good heart health, adults should engage in moderate-intensity physical activities for at least 30 minutes on five or more days of the week. Research has shown you can get good health benefits from as little as 10-minute intervals three times a day for at least five days per week.

**Q) Joan weighs 125 pounds: 38 pounds (30 percent) is fat. Sally weighs 140 pounds: 31 pounds (22 percent) of Sally's body weight is fat. Both women are the same height. Which woman is more fit?**

- A. Sally
- B. Joan
- C. Neither is fit.

**A) A.** Even though she weighs more, Sally's body composition is 22 percent fat while Joan's is 30 percent fat. For women, the ideal percentage of body fat is 15 to 20 percent.

**Q) True or False? The main reason for exercise is to stay slim and to improve how you look.**

**A) False.** There are many reasons to keep physically active. Exercise reduces the chance of dying from heart disease, high blood pressure, colon cancer and diabetes. It maintains healthy bones, muscles and joints. Physical activity helps control joint swelling and pain associated with arthritis. It reduces anxiety and depression. Exercise does help control weight and reduce body fat.

## Q) Regular physical exercise is good for which of the following?

- A. your heart
- B. your blood pressure
- C. your bones

**A) All of the above.** Not only is physical activity good for heart, bones and blood pressure, but women who exercise regularly have more energy, less stress, are more relaxed and sleep better. They are also less likely to develop breast cancer and have lower death rates from all causes. Thirty minutes of moderate physical activity at least five days a week is a great investment in your future.

## Q) True or False? I don't have enough time in my day to exercise.

**A) False.** Thirty minutes of exercise on five or more days of the week is all it takes. There are several ways to include exercise into your day. These include taking the stairs instead of the elevator; walking during your breaks at work; leaving the car at home and walking to places in your neighborhood; walking your dog; parking farther away in the mall parking lot; doing housework at a faster pace; raking leaves; cutting the grass; or doing other yard work.

# Tips On How To Talk To Your Health Care Provider

## Before you go to your health care provider --

- Make a list of your questions.
- Ask a family member or friend to come with you.

## If you have medical tests done --

- Ask how and when you will receive your results.
- Ask who will be available to answer any questions and when is the best time to call.

## If your health care provider advises you to change your diet or lifestyle --

- Ask how these changes will help you and what will happen if you do not make these changes.
- Ask him/her to be specific about the changes. For example, if the health care provider recommends more exercise, ask what type of exercises and how often you should do them.
- If your health care provider suggests you lose weight, ask how much.
- Ask if there are support groups or programs that you should join.

## If your health care provider prescribes medicine--

- Ask why the medicine should be taken.
- Ask how you should take your medicine:
  - With food or without food?
  - Time of day?
  - How much and how often?
  - Can it be taken with other medicines?
- Ask about side-effects. What should you do if you have side-effects?
- How long should you take the medicine?
- Be sure to bring a list of all medicines you take and share it with your health care provider.

## If you are treated for a condition --

- Ask how your progress will be monitored:
  - For example, if you take drugs to lower your blood pressure, ask if you should buy a home blood pressure kit to monitor yourself.
- Ask if you should make a chart of your progress and when you should report changes to your health care provider.
- Ask when you should see progress and if you do not, who should you call.
- Ask when you should return to your health care provider to be checked.

# Your Health Promotion Guide

Your risk for many health problems increases with age. So which checkups should you have, and when and how often should you have them? This depends on the status of your health and the recommendations of your health care provider. This chart can serve as a general guide. In addition to a general physical exam every one to two years, the following are recommended:

## Recommended Tests

Breast self-exams

Clinical breast exam

Pelvic exam and  
Pap smear

Mammogram

Height and weight

Blood pressure

Dental exam

Cholesterol

Eye exam  
(glaucoma screening)

Hearing

Sigmoidoscopy

Electrocardiogram

Bone density

## Vaccinations

Influenza vaccine

Pneumococcal  
immunization

## How Often

Once a month, preferably at  
the same time each month

Annually

Once a woman has had three  
consecutive, negative pap  
tests within a five-year  
period, she may get screened  
every three years.

Age 40 and older, every one  
to two years

Annually

Annually, or more often if  
greater than 140/90

Annually

Every one to two years

Every two years or as directed

Annually

Age 50 and over, annually;  
then every three to five years  
after two negative tests

Baseline and as directed

As directed by physician

## How Often

Annually

Once, usually around  
age 65

# *Resources*

American Cancer Society

American Heart Association

American Medical Women's Association

Centers for Disease Control and Prevention

Illinois Coalition Against Domestic Violence

Illinois Department of Public Health

Mental Health Association of Illinois

National Osteoporosis Foundation

Y-ME National Breast Cancer Organization

Illinois Academy of Family Physicians

American Lung Association

Illinois Department of Human Services

U.S. Department of Health and Human Services

University of Illinois at Chicago

U.S. Food and Drug Administration

National Cancer Institute



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Questions about women's health can be directed to

**Women's Health~line**

**888-522-1282**

**TTY**

**(hearing impaired use only)**

**800-547-0466**



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