8. Which of the following can help prevent osteoporosis in women?

___ Calcium.
___ Estrogen.
___ Vitamin D.
___ Bisphosphonates.

9. Osteoporosis literally means:

___ Arthritis.
___ Increased bone mass.
___ Porous bone.
___ Senile bone.

10. Currently, the most widely accepted method to determine whether or not you have osteoporosis is:

___ Hip x-ray.
___ Bone densitometry (DEXA).
___ Bone scan.
___ Computed tomography scan.

11. It is best to take calcium supplements (pills):

___ First thing in the morning on an empty stomach.
___ All at once just before bedtime.
___ In divided doses with meals.
___ In divided doses on an empty stomach.

12. If you use sunscreen or avoid direct sun exposure, which of the following is the recommended amount of daily vitamin D intake needed to help absorb calcium?

___ 100 to 200 IU.
___ 400 to 800 IU.
___ 1,000 to 1,500 IU.