



Women's Health Seminar Questionnaire

Please circle or check your answers to the following questions. Choose any or all of the answers that apply

1. Women over 50 are more likely to get colon cancer? True or False
2. What is the percent of women over age 18 have hypertension?
 - a. 22%
 - b. 32.8%
 - c. 18.5%
3. During pregnancy, women should consume folic acid to help prevent birth defects. Which of the following foods are good sources of folic acid?
 - a. Spinach
 - b. Orange juice
 - c. Black eyed peas
 - d. Nuts
 - e. All of the above
4. Coronary Artery Disease is defined as:
 - a. A genetic condition
 - b. Blood flow to the heart is decreased when arteries become hard and narrow due to fatty cholesterol deposits.
 - c. Shortness of breath
5. Most bone is "built up" by the time you are age:
 - a. 25
 - b. 35
 - c. 30
 - d. 40
6. What percent of seniors over age 65 are afflicted with Alzheimer's?
 - a. 2-4%
 - b. 7-10%
 - c. 12-14%
 - d. 5-8%
7. Which of the following are symptoms of diabetes:
 - a. Thirst
 - b. Feeling very hungry
 - c. Frequent urination
 - d. Having more infections than usual
 - e. Blurry vision
 - f. All of the above
8. Heart disease affects more women than all cancers combined. True or False?