

“TIME OUT FOR WOMEN’S HEALTH” QUIZ

With increasing demands on women's time, it is not easy to see a physician as often as we should. Staying informed about the pertinent risk factors, symptoms, detection methods, and prevention measures, women can take better care of themselves and each other. The "Time Out" quiz asks you a series of questions to determine if you are at risk for certain women's health concerns. Answer the questions as well as you can. Be sure to discuss these results with your doctor.

CITY: _____ **STATE:** _____ **ZIP:** _____

RACE: Asian Black Hispanic Native American White Other _____ **AGE:** _____

DEPRESSION

Depression is a serious medical illness that negatively affects how you feel, they way you think, and how you act. It affects nearly one in 10 adults. Please answer the following questions in regard to the past 2 weeks. **Check the answers which apply to you:**

YES NO

- Do you have any changes in appetite that result in weight losses or gains not related to dieting?
- Do you have insomnia or oversleep?
- Do you have a loss of energy or increased fatigue?
- Are you restless or irritable?
- Do you have feelings of worthlessness or inappropriate guilt?
- Do you have difficulty thinking, concentrating, or making decisions?
- Do you have thoughts of death or suicide or attempts at suicide?

Depression may be diagnosed by your physician if you experience 1) persistent feelings of sadness or anxiety or 2) loss of interest or pleasure in usual activities in addition to five or more of the above symptoms for at least 2 consecutive weeks.

Adapted from the American Psychiatric Association

OSTEOPOROSIS

Osteoporosis is a disease in which bones become fragile and more likely to break. If it is not prevented or left untreated, osteoporosis can silently progress until a bone breaks. (National Osteoporosis Foundation) Please answer yes or no as an answer to each question. **Check the answers which apply to you:**

YES NO

- Are you over age 50?
- Is your body frame small or thin?
- Do you have a family history of osteoporosis?
- Do you have a history of fractures in your immediate family?
- Have you gone through menopause?
- Do you or have you suffered from anorexia?
- Have you had a low intake of calcium throughout your lifetime?

Adapted from the National Osteoporosis Foundation

BREAST CANCER

Breast cancer is a malignant (cancerous) tumor that starts from cells of the breast. The disease occurs mostly in women, but men can get breast cancer as well. It is important to know that

some women may have many risk factors but never get breast cancer, and some women may have few or no risk factors but do get the disease. Being a woman is the number one risk factor for breast cancer. Please check yes or no as an answer for each question. **Check the answers which apply to you:**

YES NO

- Are you over 40?
- Do you have a mother, daughter, or sister that has had breast cancer?
- Were you younger than 12 at the time of your first period?
- Have you never given birth?
- Did you have your first child after age 30?
- Do you drink more than 1 alcoholic drink per day?
- Have you been taking birth control pills for longer than 5 years?
- Did you start menopause after age 55?

Adapted from The Susan G. KomeBreast Cancer Foundation

HEART DISEASE

Heart Disease is the #1 killer of people in the US. It occurs when the arteries that supply blood to the heart muscle become hardened and narrowed due to the buildup of plaque on the inner walls of the arteries. (National Heart, Lung, and Blood Institute) There are many different risk factors associated with heart disease. Some are controllable and some are not. Please check yes or no as an answer to each question. **Check the answers which apply to you:**

YES NO

- Are you over age 51?
- Do you have an immediate family member who has had a heart attack, stroke, or heart surgery?
- Do you smoke?
- Is your blood pressure consistently over 135/85?
- Is your cholesterol level more than 200?
- Does your diet include high fat foods such as fried food, fatty meat, butter, whole milk, or cheese?
- Do you exercise less than one or two times per week?
- Do you have diabetes?
- Are you 20 or more pounds overweight?
- Do you have a high stress level?
- Are you of African American or Hispanic descent?

Adapted from the American Heart Association and Saint Francis Medical Center, Missouri (www.semissourian.com/sfquiz/)

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MENOPAUSE

Menopause is a normal condition that all women go through as they age. The term is used to describe any changes a woman experience either just before or after she stops menstruation, marking the end of her reproductive period. **Please answer the following questions using the scale below:**

- 0 1 2 3 Are you experiencing hot flashes?
0 1 2 3 Do you have disturbances in sleeping (insomnia)?
0 1 2 3 Are you experiencing emotional changes, such as mood swings or irritability?
0 1 2 3 Has there been a change in your sexual interest or response?
0 1 2 3 Do you experience irregular periods?
0 1 2 3 Do you get headaches?
0 1 2 3 Do you experience rapid or irregular heartbeats (heart palpitations)?

- 0 1 2 3 Do you experience incontinence (persistent, involuntary leaking of urine)?

The severity of these changes, or symptoms, will vary from woman to woman, but are natural and normal. Most menopause changes will not continue beyond menopause and will stop without treatment. It is advisable to report any health changes to a healthcare provider for assessment and, if necessary, treatment.

Adapted from "Menopause Guidebook" from the North American Menopause Society

HEALTH CHECKLIST

For a health checklist to discuss with your physician, please go to www.getitchecked.com.

Regular doctor visits can help diagnose and potentially prevent these health risks. This health quiz is not intended to provide medical advice or treatment. Men's Health Network recommends that you consult with your doctor or other healthcare professional for medical advice or treatment.

TIME OUT FOR WOMEN'S HEALTH
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