

What is the medical term for low bone density

- A. Osteoporosis
- B. Boneosis
- C. Low-bone
- D. Boneitis

Answer: A. Osteoporosis

What is the main mineral that contributes to bone density

- A. Potassium
- B. Calcium
- C. Iron
- D. Magnesium

Answer: B. Calcium

Which of the following factors can negatively impact bone density

- A. Healthy diet
- B. Regular exercise
- C. Adequate vitamin D intake
- D. Lack of calcium

Answer: D. Lack of calcium

What is the recommended daily intake of calcium for adults to maintain bone density

- A. 1500 mg

- B. 500 mg
- C. 2000 mg
- D. 1000 mg

Answer: D. 1000 mg

Which type of exercise is best for improving bone density

- A. Yoga
- B. Cycling
- C. Weight-bearing exercises
- D. Swimming

Answer: C. Weight-bearing exercises

What is the T-score range for osteopenia

- A. -1 to -2.5
- B. -2.5 to -3.5
- C. 0 to -1
- D. -1.5 to -2.5

Answer: A. -1 to -2.5

Which demographic group is most at risk for developing low bone density

- A. postmenopausal women
- B. teenage boys
- C. elderly men
- D. young children

Answer: A. postmenopausal women

What is the most common method used to measure bone density

- A. MRI
- B. X-ray
- C. DXA scan
- D. CT scan

Answer: C. DXA scan

What percentage of bone density is typically lost per decade after the age of 30

- A. 10%
- B. 20%
- C. 5%
- D. 1%

Answer: D. 1%

Which hormone plays a key role in maintaining bone density

- A. Estrogen
- B. Thyroxine
- C. Testosterone
- D. Insulin

Answer: A. Estrogen

What is the medical term for severe bone density loss

- A. Osteoporosis
- B. Boneitis
- C. Boneatrophy
- D. Boneitis

Answer: A. Osteoporosis

Which of the following vitamins is essential for maintaining healthy bone density

- A. Vitamin D
- B. Vitamin C
- C. Vitamin A
- D. Vitamin K

Answer: A. Vitamin D

What is the recommended daily intake of vitamin D for adults to support bone health

- A. 5000 IU
- B. 600-800 IU
- C. 1000 IU
- D. 200-300 IU

Answer: B. 600-800 IU

Which medical condition is characterized by extremely low bone density

- A. Arthritis

- B. Osteoarthritis
- C. Rickets
- D. Osteoporosis

Answer: D. Osteoporosis

What is the average peak bone density age for adults

- A. 40
- B. 25
- C. 30
- D. 35

Answer: C. 30

Which lifestyle factor can negatively impact bone density the most

- A. Drinking too much water
- B. Not getting enough sleep
- C. Eating too much sugar
- D. Lack of physical activity

Answer: D. Lack of physical activity

What is the main source of vitamin K, which is important for bone density

- A. Dairy products
- B. Citrus fruits
- C. Red meat
- D. Leafy green vegetables

Answer: D. Leafy green vegetables

What is the relationship between bone density and fracture risk

- A. Bone density increases fracture risk
- B. Bone density has no impact on fracture risk
- C. Lower bone density decreases fracture risk
- D. Higher bone density decreases fracture risk

Answer: D. Higher bone density decreases fracture risk

Which of the following imaging techniques is commonly used to measure bone density

- A. X-ray
- B. MRI
- C. CT scan
- D. DXA

Answer: D. DXA

What is the term used to describe the process of bone density loss with age

- A. Osteoporosis
- B. Bone erosion
- C. Bone degradation
- D. Bone decay

Answer: A. Osteoporosis

