



**1** Which fruit can help prevent osteoporosis?

- (a) Blueberries
- (b) Pomegranates
- (c) Apples
- (d) Prunes

*Answer: (d).* Florida State University researchers found that women who eat 6 to 10 prunes a day have significantly higher bone density than women who nosh on other fruit. "Prunes are rich in potassium and boron, which are known to increase bone mass," says study author Bahram H. Arjmandi.

**2** True or false? After menopause, women should see their dentist more often.

*Answer: True.* A new study from Case Western Reserve University found that women in this age group are at greater risk for periodontal disease and need frequent professional cleanings—up to four a year—to remove the hard plaque that can trigger gum disease and weaken jaw bones.

**3** True or false? Snagging a piece of your kids' Halloween candy could help you live longer.

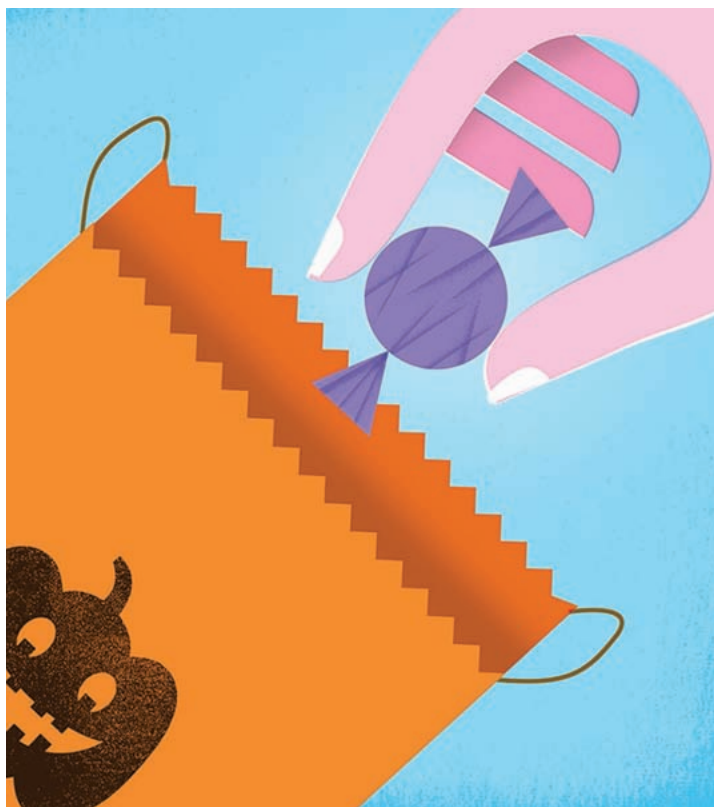
*Answer: True.* A study from the Harvard School of Public Health found that those who eat sweet treats a few times a month live longer than those who just say no to sugar. Researchers believe that people who indulge every now and then may be less likely to binge.

**PARADE'S**

# Women's Health Quiz

IF YOU OFTEN PUT YOUR FAMILY'S WELLNESS BEFORE YOUR OWN, READ ON: IT'S WHAT YOU NEED TO KNOW TO HELP KEEP YOURSELF IN THE PINK, TOO!

By Colleen Oakley • Illustrations by Matthew Hollister



**4** Which piece of Mom's advice has been scientifically found to reduce stress in females?

- (a) "Eat your vegetables."
- (b) "Stand up straight."
- (c) "Wear clean underwear."
- (d) "Call your mother."

*Answer: (d).* Recent research from the University of Wisconsin suggests that simply hearing Mom's voice at the end of the line can boost a child's levels of oxytocin, a bonding hormone that helps reduce stress.



**5** How many hours of shut-eye per night do women need, on average, for a long, healthy life?

- (a) 6 hours
- (b) 7 hours
- (c) 8 hours

*Answer: (a).* A 14-year study by the University of California, San Diego, found that when it comes to longevity, the sweet spot is between five and six and a half hours each night—any more or less could shave time off your life. Scientists say the results should allay anxiety for women who fear they aren't getting enough zzz's.

**6** True or false? Most women who get breast cancer have a family history of the disease.

*Answer: False.* More than 75 percent of women with breast cancer have no family history of the disease. It's important for all