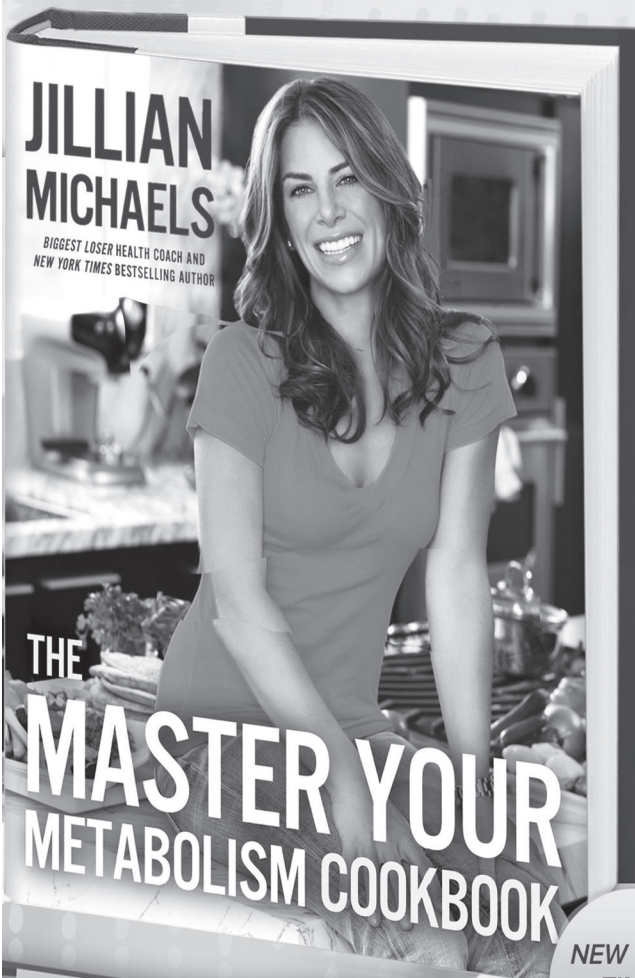


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Health Care quiz | *continued*

risk of depression compared to both their Type A and stay-at-home counterparts.

9 Which of the following can delay the onset of menopause?

- (a) Eating a healthy diet
- (b) Having children
- (c) Reducing stress
- (d) None of the above

Answer: (d). "Apart from smoking or receiving cancer treatments like chemotherapy, nothing can trigger—or slow down—the timing of menopause," says Dr. Samuel Wood, medical director at the Reproductive Sciences Center in San Diego. Ninety-five percent of American women will hit menopause between the ages of 44 and 56, and the exact age of onset is largely determined by your genes, says Wood.

10 A daily glass of which beverage can help women stay slim?

- (a) Milk
- (b) Beer
- (c) Cranberry juice
- (d) Diet soda

Answer: (b). Though overindulging in alcohol can add unwanted pounds, a new study found that women who sipped one to two glasses a day were less likely to gain weight than those who abstained completely. Turns out that women who drink alcohol usually consume fewer calories from other beverages, says study author Dr. Lu Wang. Cheers!

11 True or false? Birth control pills can affect your memory.

Answer: True. A study from the University of California, Irvine, found that women on the Pill are better at remembering the big picture, while women not taking oral contraceptives are better at recalling detailed facts. Why? Hormones like progesterone and estrogen are linked to a stronger left brain—and that's the hemisphere responsible for linear