

## Osteoporosis Quiz: 100 Multiple-Choice Questions

1. What is osteoporosis?

- A. A muscle disease
- B. A condition causing weak and brittle bones
- C. A skin infection
- D. A heart disorder

2. Which mineral is most important for bone strength?

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

3. Which vitamin helps the body absorb calcium?

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

4. Osteoporosis most commonly affects which body part?

- A. Liver
- B. Bones
- C. Lungs
- D. Kidneys

5. Which gender is more likely to develop osteoporosis?

- A. Men
- B. Women
- C. Children
- D. Teenagers

6. What is a common symptom of osteoporosis in early stages?

- A. Severe pain
- B. Fever
- C. Usually no symptoms
- D. Rash

7. Which test is commonly used to diagnose osteoporosis?

- A. MRI
- B. Blood glucose test
- C. Bone density scan
- D. Vision test

8. Which age group is most at risk for osteoporosis?

- A. Infants
- B. Teenagers
- C. Older adults
- D. Preschool children

9. What type of fracture is commonly linked to osteoporosis?

- A. Skull fracture
- B. Hip fracture
- C. Finger fracture
- D. Jaw fracture

10. Which lifestyle habit increases osteoporosis risk?

- A. Regular exercise
- B. Smoking
- C. Drinking water
- D. Sleeping well

11. Which nutrient works with calcium to support bone health?

- A. Protein
- B. Vitamin
- D C. Fiber
- D. Zinc

12. What does a DEXA scan measure?

- A. Blood pressure
- B. Bone density
- C. Heart rhythm
- D. Muscle strength

13. Which beverage may contribute to bone loss if consumed excessively?

- A. Water
- B. Milk
- C. Soda
- D. Orange juice

14. Which exercise is beneficial for osteoporosis prevention?

- A. Weight-bearing exercise
- B. Sleeping
- C. Watching television
- D. Sitting for long periods

15. Menopause increases osteoporosis risk because of reduced levels of which hormone?

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

16. Which food is rich in calcium?

- A. Candy
- B. Cheese
- C. Soda
- D. Chips

17. Osteoporosis mainly affects which tissue?

- A. Muscle tissue
- B. Bone tissue
- C. Skin tissue
- D. Nerve tissue

18. Which condition describes lower-than-normal bone density that is not yet osteoporosis?

- A. Arthritis
- B. Osteopenia
- C. Scoliosis
- D. Tendonitis

19. Which part of the skeleton is especially vulnerable to osteoporosis fractures?

- A. Toes
- B. Spine
- C. Elbows
- D. Jaw

20. What is a possible sign of advanced osteoporosis?

- A. Increased height
- B. Curved posture
- C. Faster hair growth
- D. Improved vision

21. Which medication type is commonly prescribed for osteoporosis?

- A. Antibiotics
- B. Bisphosphonates
- C. Antihistamines
- D. Antivirals

22. Which mineral besides calcium also supports bone health?

- A. Magnesium
- B. Chlorine
- C. Sulfur
- D. Sodium

23. Excessive alcohol use may do what to bones?

- A. Strengthen them
- B. Cause bone loss
- C. Increase flexibility only
- D. Make bones grow faster

24. Which hormone disorder can contribute to osteoporosis?

- A. Hyperthyroidism
- B. Nearsightedness
- C. Eczema
- D. Asthma

25. Which gender hormone helps maintain bone density in men?

- A. Estrogen only
- B. Testosterone
- C. Insulin
- D. Adrenaline

26. What is the main purpose of osteoporosis treatment?

- A. Cure all fractures instantly
- B. Prevent fractures and bone loss
- C. Improve eyesight
- D. Lower blood sugar

27. Which lifestyle factor protects against osteoporosis?

- A. Physical activity
- B. Smoking
- C. Excess alcohol
- D. Poor nutrition

28. Which vitamin deficiency is strongly associated with osteoporosis?

- A. Vitamin D deficiency
- B. Vitamin C deficiency
- C. Vitamin B12 deficiency
- D. Vitamin A deficiency

29. Which ethnic group is generally at higher risk for osteoporosis?

- A. People of all backgrounds can develop it
- B. Only athletes
- C. Only children
- D. Only men

30. What happens to bone density with aging?

- A. It always increases
- B. It generally decreases
- C. It disappears completely
- D. It remains unchanged

31. Which imaging method is standard for osteoporosis screening?

- A. Ultrasound of the abdomen
- B. DEXA scan
- C. CT of the lungs
- D. ECG

32. What type of exercise improves balance and may reduce falls?

- A. Tai chi
- B. Sleeping
- C. Watching TV
- D. Typing

33. Which organ system is primarily affected in osteoporosis?

- A. Skeletal system
- B. Respiratory system
- C. Digestive system
- D. Nervous system

34. Which fracture can cause loss of height?

- A. Rib fracture
- B. Vertebral fracture
- C. Finger fracture
- D. Toe fracture

35. Which dietary habit supports strong bones?

- A. High calcium intake
- B. Skipping meals
- C. Eating only candy
- D. Drinking only soda

36. Which medication use may increase osteoporosis risk?

- A. Long-term corticosteroids
- B. Antibiotics for one week
- C. Eye drops
- D. Antacids occasionally

37. Which body process continuously renews bone tissue?

- A. Bone remodeling
- B. Digestion
- C. Respiration
- D. Sweating

38. What is a fragility fracture?

- A. A fracture from major trauma
- B. A fracture from a minor fall or injury
- C. A fracture only in athletes
- D. A fracture caused by infection

39. Which habit may reduce osteoporosis risk?

- A. Quitting smoking
- B. Avoiding exercise
- C. Excessive drinking
- D. Poor diet

40. Which nutrient is abundant in milk?

- A. Calcium
- B. Caffeine
- C. Iron
- D. Sodium

41. Which sex hormone decline is associated with male osteoporosis?

- A. Cortisol
- B. Testosterone
- C. Insulin
- D. Adrenaline

42. Which vitamin is produced through sunlight exposure?

- A. Vitamin D
- B. Vitamin C
- C. Vitamin K
- D. Vitamin B1

43. Which group should discuss bone density testing with a healthcare provider?

- A. Older adults
- B. Newborns only
- C. Toddlers only
- D. Healthy teens only

44. What is the role of osteoblasts?

- A. Break down bone
- B. Build bone
- C. Digest food
- D. Carry oxygen

45. What is the role of osteoclasts?

- A. Build bone
- B. Break down bone
- C. Produce insulin
- D. Fight infection

46. Which condition increases fracture risk?

- A. Strong bones
- B. Osteoporosis
- C. Healthy diet
- D. Regular exercise

47. Which type of calcium supplement is commonly used?

- A. Calcium carbonate
- B. Iron sulfate
- C. Potassium nitrate
- D. Sodium chloride

48. Which nutrient-rich food supports bone health?

- A. Yogurt
- B. Candy
- C. Fried chips
- D. Soda

49. What is the purpose of fall prevention in osteoporosis care?

- A. Increase fractures
- B. Reduce injury risk
- C. Improve hair growth

D. Cure osteoporosis instantly

50. Which body structure stores most calcium?

- A. Bones
- B. Liver
- C. Skin
- D. Lungs

51. Which factor is nonmodifiable in osteoporosis risk?

- A. Age
- B. Smoking
- C. Diet
- D. Exercise level

52. Which disease may coexist with osteoporosis in older adults?

- A. Arthritis
- B. Common cold
- C. Ear infection
- D. Pink eye

53. What is a major goal of calcium intake during childhood?

- A. Prevent cavities only
- B. Build peak bone mass
- C. Improve hearing
- D. Reduce fever

54. Which type of fracture is common in osteoporosis?

- A. Compression fracture
- B. Burn injury
- C. Muscle tear
- D. Sprain

55. Which body habitus increases osteoporosis risk?

- A. Very small body frame
- B. Muscular build
- C. Average height
- D. Athletic training

56. Which type of doctor often treats osteoporosis?

- A. Orthopedist
- B. Dermatologist
- C. Ophthalmologist
- D. Dentist

57. Which mineral density score compares a patient to a healthy young adult?

- A. Blood score
- B. T-score
- C. Oxygen score
- D. Heart score

58. What T-score indicates osteoporosis?

- A. Above +2.5
- B. -2.5 or lower
- C. 0 only
- D. +1 only

59. Which activity may increase fall risk in older adults?

- A. Poor lighting at home
- B. Using handrails
- C. Wearing proper shoes
- D. Exercise

60. Which nutrient is found in leafy green vegetables and supports bones?

- A. Vitamin K
- B. Vitamin C

- C. Vitamin E
- D. Vitamin B6

61. Which medical condition may cause secondary osteoporosis?

- A. Rheumatoid arthritis
- B. Common cold
- C. Sunburn
- D. Migraine

62. What is the recommended strategy for preventing osteoporosis?

- A. Healthy lifestyle habits
- B. Avoiding all exercise
- C. Smoking regularly
- D. Skipping meals

63. Which type of exercise strengthens muscles and bones?

- A. Resistance training
- B. Sleeping
- C. Sitting
- D. Watching TV

64. Why are hip fractures dangerous in older adults?

- A. They never heal
- B. They may reduce mobility and independence
- C. They only affect athletes
- D. They improve posture

65. Which hormone therapy may sometimes help postmenopausal bone health?

- A. Estrogen therapy
- B. Insulin therapy
- C. Antibiotic therapy
- D. Radiation therapy

66. Which body system provides movement support along with bones?

- A. Muscular system
- B. Digestive system
- C. Respiratory system
- D. Immune system

67. Which dietary issue can weaken bones?

- A. Low calcium intake
- B. Eating vegetables
- C. Drinking water
- D. Balanced meals

68. Which symptom may appear after a vertebral fracture?

- A. Back pain
- B. Improved flexibility
- C. Better posture
- D. Increased height

69. What is peak bone mass?

- A. The lowest bone density
- B. Maximum bone strength reached in early adulthood
- C. Bone loss after aging
- D. Bone infection

70. Which food source may contain vitamin D?

- A. Fortified milk
- B. Candy
- C. Potato chips
- D. Soda

71. Which condition can result from severe osteoporosis?

- A. Frequent fractures

- B. Improved balance
- C. Stronger muscles
- D. Better vision

72. Which lifestyle change helps maintain balance and strength?

- A. Regular exercise
- B. Bed rest all day
- C. Smoking
- D. Excess alcohol use

73. Which type of doctor may specialize in hormone-related osteoporosis?

- A. Endocrinologist
- B. Dentist
- C. Podiatrist
- D. Audiologist

74. Which nutrient is essential for muscle function and bone health?

- A. Calcium
- B. Sugar
- C. Sodium only
- D. Cholesterol

75. Which factor may lower bone density in women?

- A. Early menopause
- B. Exercise
- C. Balanced nutrition
- D. Sunlight exposure

76. Which fracture site is common in osteoporosis besides the hip and spine?

- A. Wrist
- B. Nose
- C. Jaw

D. Ankle only

77. Which term refers to porous bones?

- A. Osteoporosis
- B. Hypertension
- C. Pneumonia
- D. Diabetes

78. Which mineral is important for bone mineralization?

- A. Calcium
- B. Copper
- C. Chloride
- D. Sodium

79. Which habit can improve bone density over time?

- A. Weight training
- B. Smoking
- C. Long-term inactivity
- D. Excess soda intake

80. Which body change may indicate spinal osteoporosis?

- A. Loss of height
- B. Longer legs
- C. Improved posture
- D. Larger hands

81. Which supplement may be recommended with calcium?

- A. Vitamin D
- B. Caffeine
- C. Sugar
- D. Sodium

82. Which risk factor can be modified?

- A. Smoking
- B. Age
- C. Family history
- D. Gender

83. Which imaging result suggests weaker bones?

- A. Low bone density
- B. High blood sugar
- C. Strong heartbeat
- D. Clear lungs

84. Which exercise type is best avoided if fracture risk is high?

- A. High-impact unsafe activity
- B. Gentle walking
- C. Tai chi
- D. Supervised exercise

85. What is one complication of vertebral fractures?

- A. Breathing difficulties
- B. Improved balance
- C. Increased height
- D. Better flexibility

86. Which type of calcium-rich food is dairy-based?

- A. Yogurt
- B. Apples
- C. Bread
- D. Rice

87. Why is exercise important for osteoporosis prevention?

- A. It weakens bones
- B. It improves bone strength and balance
- C. It lowers intelligence
- D. It causes fractures automatically

88. Which factor may increase falls in older adults?

- A. Weak muscles
- B. Good balance
- C. Exercise training
- D. Safe footwear

89. Which healthcare recommendation supports osteoporosis prevention?

- A. Adequate calcium intake
- B. Smoking daily
- C. Avoiding movement
- D. Excessive alcohol use

90. Which body cells maintain bone turnover balance?

- A. Osteoblasts and osteoclasts
- B. Red blood cells only
- C. White blood cells only
- D. Skin cells only

91. Which bone disease is characterized by reduced bone mass?

- A. Osteoporosis
- B. Influenza
- C. Tuberculosis
- D. Bronchitis

92. Which medical imaging technology uses low-dose X-rays to assess bones?

- A. DEXA scan
- B. Ultrasound only
- C. ECG
- D. Endoscopy

93. Which age-related change contributes to osteoporosis?

- A. Slower bone formation
- B. Faster hair growth
- C. Improved vision
- D. Increased tooth growth

94. Which food is commonly fortified with vitamin D?

- A. Milk
- B. Candy
- C. Cookies
- D. Chips

95. Which statement about osteoporosis is true?

- A. It only affects women
- B. It can affect both men and women
- C. It only affects children
- D. It is contagious

96. Which type of activity can help reduce fall risk?

- A. Balance training
- B. Bed rest
- C. Smoking
- D. Excessive drinking

97. Which nutrient deficiency may weaken bones over time?

- A. Calcium deficiency
- B. Sugar deficiency
- C. Salt deficiency
- D. Water deficiency

98. Which medical history factor increases osteoporosis risk?

- A. Family history of osteoporosis
- B. Frequent reading
- C. Good hydration

D. Wearing glasses

99. What is the best description of osteoporosis prevention?

A. Maintaining healthy bones throughout life

B. Avoiding all activity

C. Drinking soda daily

D. Ignoring nutrition

100. Why is osteoporosis considered a major public health issue?

A. It causes widespread fractures and disability

B. It improves mobility

C. It only affects a few people

D. It is harmless