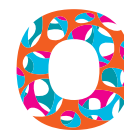


# BIG BONES QUIZ



Royal  
Osteoporosis  
Society

Better bone health for everybody

Test your bone knowledge with our big bones quiz!

**Team name:**

<b>1.</b> What can osteoporosis cause?	<ul style="list-style-type: none"><li>a. Fragile bones</li><li>b. Strong bones</li><li>c. Soft bones</li></ul>
<b>2.</b> Which vitamin has a major role in bone health?	<ul style="list-style-type: none"><li>a. Vitamin C</li><li>b. Vitamin D</li><li>c. Vitamin B</li></ul>
<b>3.</b> What is the smallest bone in the body?	<ul style="list-style-type: none"><li>a. Patella</li><li>b. Stapes</li><li>c. Thigh</li><li>d. Clavicle</li></ul>
<b>4.</b> How many vertebrae are in the vertebral column at birth?	<ul style="list-style-type: none"><li>a. 31</li><li>b. 33</li><li>c. 35</li><li>d. 37</li></ul>
<b>5.</b> Out of 20 men over 50, how many will break a bone mostly due to osteoporosis?	<ul style="list-style-type: none"><li>a. 2</li><li>b. 0</li><li>c. 1</li><li>d. 4</li></ul>
<b>6.</b> What two types of exercise are most important for bone strength?	<ul style="list-style-type: none"><li>a. Muscle-strengthening</li><li>b. Aerobic</li><li>c. Weight-bearing</li></ul>
<b>7.</b> What is osteopenia?	<ul style="list-style-type: none"><li>a. The study of bone health</li><li>b. A type of bone fracture</li><li>c. A female bone disease</li><li>d. Lower than average bone density (but not low enough to be osteoporosis)</li></ul>
<b>8.</b> On average, when do we start to lose bone?	<ul style="list-style-type: none"><li>a. Aged 35 – 44</li><li>b. Aged 45 – 54</li><li>c. Aged 55 – 64</li></ul>
<b>9.</b> What type of bone are the human vertebrae classified as?	<ul style="list-style-type: none"><li>a. Long</li><li>b. Irregular</li><li>c. Flat</li><li>d. Short</li></ul>
<b>10.</b> What is the most commonly broken bone in the human body?	<ul style="list-style-type: none"><li>a. The ulna</li><li>b. The sternum</li><li>c. The clavicle</li><li>d. The mandible</li></ul>

# BIG BONES QUIZ

<b>11.</b> Where do most osteoporotic fractures occur?	<ul style="list-style-type: none"><li>a. Wrist</li><li>b. Hip</li><li>c. Upper arm</li><li>d. Vertebrae</li></ul>
<b>12.</b> Which bone is the longest and strongest bone in the human body?	<ul style="list-style-type: none"><li>a. Cranium</li><li>b. Femur</li><li>c. Tibia</li><li>d. Radius</li></ul>
<b>13.</b> Which one can be a risk factor for osteoporosis in women?	<ul style="list-style-type: none"><li>a. Having lots of children</li><li>b. Very low body weight</li><li>c. Menopause at 46 years</li></ul>
<b>14.</b> What is the shaft of a long bone known as?	<ul style="list-style-type: none"><li>a. Periosteum</li><li>b. Diaphysis</li><li>c. Cartilage</li><li>d. Central Cavity</li></ul>
<b>15.</b> Most people have 12 ribs. What percentage of people approximately are born with 13?	<ul style="list-style-type: none"><li>a. Up to 1 percent</li><li>b. 1 - 2 percent</li><li>c. 2 - 3 percent</li><li>d. 3 - 5 percent</li></ul>
<b>16.</b> How many bones do both the human hands contain, including the wrist?	<ul style="list-style-type: none"><li>a. 54 bones</li><li>b. 56 bones</li><li>c. 58 bones</li><li>d. 48 bones</li></ul>
<b>17.</b> Ligaments connect bone to bone, true or false?	<p>True False</p>
<b>18.</b> How much vitamin D do we need daily?	<ul style="list-style-type: none"><li>a. 200 IU (International Units)</li><li>b. 10 milligrams</li><li>c. 10 micrograms (equivalent to 400IU)</li><li>d. 800 IU</li></ul>
<b>19.</b> What is <i>not</i> an example of weight-bearing exercise?	<ul style="list-style-type: none"><li>a. Jogging</li><li>b. Aerobics</li><li>c. Swimming</li></ul>
<b>20.</b> How many bones, approximately, are babies born with?	<ul style="list-style-type: none"><li>a. 206 bones</li><li>b. 232 bones</li><li>c. 248 bones</li><li>d. 300 bones</li></ul>