

Module 3, Lesson 5 Quiz:
The Female Aging Lifecycle

1. Estrogen is most produced in the female between the ages of:
 - a. 0 - 3
 - b. 3 - 10
 - c. **12 - 50**
 - d. 50 - 80

2. What happens to estrogen during perimenopause, when women experience brain fog and hot flashes?
 - a. **It fluctuates**
 - b. It drops
 - c. It increases
 - d. It plateaus

3. What hormones drop most dramatically during menopause?
 - a. Testosterone and estrogen
 - b. **Estrogen and progesterone**
 - c. Androgen and estrogen
 - d. Progesterone and testosterone

4. Hormone replacement therapy or HRT was very commonly prescribed in previous decades to help alleviate the symptoms of menopause. It is no longer recommended because one side effect linked to the use of HRT was:
 - a. **Increased cardiovascular risk**
 - b. Increased diabetes risk
 - c. Increased risk of sudden death
 - d. Increased risk of obesity