

### Quiz answers

**Answer key:** 1. d, 2. e, 3. d,  
4. c, 5. e, 6. d, 7. d, 8. d

Here is the score card for your quiz:

**6 to 8 correct answers:**  
Very good! By the way, did the woman who helped you scold you for cheating?

**3 to 5 correct answers:**  
There's still hope. With a little effort, you could become a Supportive Guy!

**0 to 2 correct answers:** Get some information on women's health and study it as though your life depended on it before speaking to any woman, anywhere.

Source: Bruce Bekkar

## Men, step up to the plate and take this test

How much do you really know about women's health? Take this Guy-Q test to find out.

### 1. Women with PMS may complain of:

- a. Depression and/or aggression
- b. Breast tenderness
- c. Fluid retention and bloating
- d. All of the above

### 2. PMS can be treated with:

- a. Daily exercise
- b. Vitamin B6
- c. Birth control pills
- d. Chips, chocolate and diet sodas
- e. Only a, b and c; d is the claim of a desperate woman

### 3. Menopause can lead to:

- a. Vaginal dryness
- b. Insomnia
- c. No more menstrual periods
- d. All of the above

### 4. Hot flashes are caused by:

- a. Drinking hot coffee or soup too fast
- b. Overexercising
- c. A drop in estrogen levels

### 5. A breast lump may be caused by:

- a. Normal, hormonal changes in the breast
- b. A fatty tumor or lipoma
- c. An infection during breast feeding
- d. Breast cancer
- e. All of the above

### 6. Abnormal Pap smears can be found with:

- a. Precancer or cancer of the cervix
- b. Cervical infection
- c. A normal cervix
- d. All of the above

### 7. Yeast infections are more common in women:

- a. Taking antibiotics to treat an infection
- b. Having sex with someone with a yeast infection
- c. Who douche too often
- d. All of the above

### 8. Emergency contraception methods include:

- a. Douching
- b. IUD insertion
- c. Specially prescribed birth control pills
- d. b and c