



Name: \_\_\_\_\_

**Women Be Healthy**

**Pre-Test**

- 1. You should have a physical every year, even if you don't feel sick. True    False
- 2. I have no control over my health. True    False
- 3. Breast cancer can be inherited. True    False
- 4. More women die from breast cancer each year than die from heart disease. True    False
- 5. If you find a lump, discharge, or rash, you should see a doctor immediately. True    False
- 6. Self-breast exams should be done every month. True    False
- 7. Women with a disabilities can get sexually transmitted diseases. True    False
- 8. If you are 18 or older, it is important to have a pelvic exam even if you haven't had sex. True    False
- 9. When a doctor is doing a pelvic exam he is looking for cancer or infections. True    False
- 10. The only symptom of a urinary tract infection is burning or pain when you pee. True    False
- 11. You should always wipe from back to front after going to the bathroom. True    False
- 12. Many women get cranky, cramps, and bloating (PMS) right before or during their period. True    False
- 13. It is not important to clean your pelvic region with soap and water everyday. True    False
- 14. The best way to keep from spreading germs is washing your hands. True    False
- 15. It is important to write down questions before you go to your doctor. True    False
- 16. A good way to relax when you're stressed is to breathe deeply and slowly. True    False
- 17. I only need to drink four glasses of water a day for better health. True    False
- 18. Medications can be taken whenever you feel like it. True    False
- 19. If you can only brush your teeth once a day, the morning is the best time. True    False
- 20. To stay healthy I should eat two meals a day. True    False