

Section 8 - Women's Health

8.1. Choose the most correct combination of statements from column A and B – (choose the correct pairs) relating to Introduction to Female Anatomy and The Menstrual Cycle

8.1.1	Cervix	A	From the first day menstruation until the next period starts (usually around 28 days)
8.1.2	Fallopian tube	B	Provides mechanical support to the developing foetus and prepares itself monthly for a potential pregnancy
8.1.3	Menstrual cycle	C	Collects the ovum (egg) from the pelvis using hairs and direct it through to the uterus.
8.1.4	Ovary	D	Produces hormones and makes eggs (oocytes)
8.1.5	Uterus	E	When a mature follicle ruptures and ovum (egg) is released usually happens on day 14 of the menstrual cycle
8.1.6	Ovulation	F	The lower cylindrical part of the uterus which during pregnancy seals off the uterus from the outside world

8.2. Choose the most correct combination of statements from column A and B – (choose the correct pairs) relating to Common Conditions Affecting Women

8.2.1	Amenorrhoea	A	Excessively heavy periods
8.2.2	Polycystic ovarian syndrome (PCOS)	B	Excessively painful periods
8.2.3	Premenstrual syndrome	C	When endometrial cells grow in the wrong places causing painful, heavy periods, painful intercourse and bowel or bladder pain with periods
8.2.4	Dysmenorrhoea	D	Metabolic and hormonal imbalance usually including obesity, acne, ovarian cysts, irregular periods, fertility problems, insulin resistance
8.2.5	Menorrhagia	E	Physical and emotional symptoms which occur before menstruation in the luteal phase
8.2.6	Endometriosis	F	When the period is absent i.e. either never had a period or had periods before and now they have stopped

8.3. State TRUE or FALSE for the following statements about Menopause

8.3.1. Menopause is when the period stops for at least three months in a women over 30 years of age

- True | False

8.3.2. A normal physiological process when menstruation stops permanently and the ability to bear children ends

- True | False

8.3.3. The lead up to menopause and the final period when most women experience many symptoms is called peri-menopause usually occurring between 40-50 years of age

- True | False

8.3.4. Hot flushes are the only symptoms of menopause

- True | False

8.3.5. Hormone replacement therapy is contraindicated or relatively contraindicated with a history of liver disease, coronary artery disease, DVTs, migraine, cancer, fibroids

- True | False

8.3.6. Surgical menopause occurs prematurely when a non-menopausal women's ovaries are removed surgically

- True | False

8.4. State TRUE or FALSE for the following statements about A.Vogel Menoforce

8.4.1. Improves menopausal symptoms without influencing a women's oestrogen levels

- True | False

8.4.2. Made from organic fresh Sage extract

- True | False

8.4.3. Contraindicated in women with a history cancers

- True | False

8.4.4. Improves both the intensity and number of hot flushes

- True | False

8.4.5. Improves hot flushes by 55% within 28 days

- True | False

8.4.6. Works directly on sweat glands and centrally on the hypothalamus and central nervous system

- True | False

8.5. State TRUE or FALSE for the following statements about A.Vogel Menoforce

8.5.1. Works on all menopause symptoms (MRS) reducing them by 43% over 8 weeks.

- True | False

8.5.2. Sweating, flushing, palpitations, joint/muscle pain and sleep problems are reduced by 40.85% within 28 days.

- True | False

8.5.3. The recommended dosage 1 tablet three times daily

- True | False

8.5.4. Mood, sleep and anxiety is also improved in menopausal women who take Menoforce

- True | False

8.5.5. Its safe and well tolerated

- True | False

8.5.6. Is a form of Bio-identical Hormone Replacement Therapy

- True | False

8.6. Link the condition/situation in column A to the most important products you could recommend in column B.

8.6.1	Premenstrual Tension (PMS)	A	A.Vogel Menopause Formula
8.6.2	For initial, short term quick relief from menopausal symptoms in addition to Menoforce	B	A.Vogel Menstruation formula, taken in the last week of the cycle leading up to the menstrual period
8.6.3	To support the emotional symptoms of PMS	C	A.Vogel Menstruation formula taken daily for 3 cycles to establish normality
8.6.4	A young girl with irregular periods	D	A.Vogel Boldocynara
8.6.5	To enhance the absorption of magnesium and vitamin B1 in a women with PMS	E	A.Vogel Neuroforce
8.6.6	When there is suspected oestrogen dominance and supporting liver detox is needed	F	Bio-Strath

8.7. State TRUE or FALSE for the following statements about Breast Health

8.7.1. Cruciferous vegetables such as broccoli, cabbage, brussels spouts and cauliflower contain a substance which promotes healthy breakdown of oestrogen

- True | False

8.7.2. Plastics contain harmful chemicals called xenoestrogens which cause hormone imbalances and can lead to cancer

- True | False

8.7.3. Breast cancer prevention includes regular screening, self-examination, and mammograms but also healthy diet and lifestyle

- True | False

8.7.4. Breasts contain tissue which is hormone sensitive and thus hormone imbalances or artificial hormones can affect them

- True | False

8.7.5. Breast cancer can present as a hard, non-moveable lump, dimpling or puckering of the breast, unusual nipple discharge or scaly skin

- True | False

8.7.6. All women need mammograms yearly from age 20

- True | False

8.8. State TRUE or FALSE for the following statements about The Menstrual Cycle

8.8.1. The luteal phase is the final phase of the ovarian cycle and occurs after ovulation has taken place

- True | False

8.8.2. The follicular phase is the first part of a new cycle where a follicle matures inside the ovary

- True | False

8.8.3. Both the combination pill and the emergency contraceptive work by preventing ovulation from happening

- True | False

8.8.4. Ovulation takes place on day 14 of the cycle when a mature follicle ruptures and releases the egg into the pelvis

- True | False

8.8.5. The uterine cycle only happens after the ovarian cycle is finished

- True | False

8.8.6. Menstruation signifies that a woman is not pregnant and happens when the lining of the uterus breaks away and is discharged through the vagina

- True | False