

How much do you know about....

1. Progesterone is necessary to strengthen women's bones.
TRUE FALSE
2. Estrogen and progesterone levels stay the same, all the time.
TRUE **FALSE**
3. A woman gets her period because the baby will need blood.
TRUE **FALSE**
4. Men have estrogen and progesterone, but in levels much lower than women.
TRUE FALSE
5. If an egg does not meet a sperm, it will dissolve in about 12-24 hours **TRUE** FALSE
6. Ovulation is a sign of health for women **TRUE** FALSE
7. Estrogen is not important for a woman's overall health.
TRUE **FALSE**
8. Women have the hormone testosterone, but in levels much lower than men **TRUE** FALSE
9. Women will ovulate multiple times every month. **TRUE** **FALSE**
10. Women's bodies also have a hormonal axis. **TRUE** FALSE

1. TRUE. Progesterone strengthens women's bones, acting with estrogen to maintain optimal bone mineral density.
2. FALSE. Estrogen and progesterone levels change, depending on the activity in the ovary.
3. FALSE! The lining of the uterus builds up during the cycle, thanks to the influence of estrogen and then progesterone. After ovulation, without implantation, estrogen and progesterone levels fall and the lining of the uterus breaks down and sheds in menstruation, as a new cycle starts.
4. TRUE. Women's bodies produce about 10 times more estrogen and 20 times more progesterone than men's bodies.
5. TRUE. An egg typically dissolves 12 to 24 hours after ovulation if it's not fertilized.
6. TRUE. Ovulation indicates that estrogen and progesterone levels are healthy.
7. FALSE. Just like testosterone is important for men's health, mood, and energy, healthy estrogen levels are important for women's health.
8. TRUE. However, men's bodies produce about 20 times more testosterone than women's bodies.
9. FALSE. A normal, healthy, ovulatory cycle occurs about once a month.
10. TRUE! The brain is the control center for hormones.