

## The Sexy Years by Suzanne Somers – Test One

- 1) Hormones are responsible for getting our cells to:
  - a) Produce receptor sites
  - b) Deliver biochemical messages
  - c) Clear out free radicals
  - d) Produce white blood cells
- 2) The size of Suzanne's malignant tumor in her breast was:
  - a) 3.2 cms
  - b) 4.0 cms
  - c) 2.4 cms
  - d) 1.7 cms
- 3) In her research, she found Tamoxifen showed how much of a greater chance that cancer would not occur?
  - a) 10 percent
  - b) 12 percent
  - c) 14 percent
  - d) 15 percent
- 4) The two hormones that work together to prepare the lining of the uterus are:
  - a) estrogen, progesterone
  - b) progesterone, testosterone
  - c) estrogen, DHEA
  - d) progesterone, adrenaline
- 5) In 1986, Suzanne was named as female Las Vegas entertainer of the year along with which male entertainer?
  - a) Wayne Newton
  - b) Frank Sinatra
  - c) Barry Manilow
  - d) Brad Paisley
- 6) Suzanne lectures about:

- a) Becoming an author
  - b) Holistic health
  - c) Effects of addiction on the family
  - d) Breast cancer
- 7) According to *The Sexy Years*, the reason women opt for drug hormones and not bio-identical hormones is:
- a) They are safer.
  - b) They are cheaper.
  - c) There is no blood work and levels to check.
  - d) They are less likely to cause cancer.
- 8) The Women's Health Initiative Study of 2002 concluded Prempro caused women to:
- a) Suffer from depression
  - b) Gain weight
  - c) Lose muscle
  - d) Have more heart attacks
- 9) Dr. Laura Berman, who is interviewed in *The Sexy Years*, informs us why there are no sexual medications for women.
- a) Women have not been allowed in clinical trials.
  - b) b. Women have fewer sexual problems than men.
  - c) Sexual medications are not effective in a woman's body.
  - d) When a drug is developed for a man, it can be used as a medication for women.
- 10) Dr. Berman feels a woman can remain orgasmic into her:
- a) 70s
  - b) 80s
  - c) 90s
  - d) Until her death
- 11) When Suzanne Somers was a child, her father was:
- a) An alcoholic
  - b) A drug addict
  - c) A battered husband
  - d) A child abuser

- 12) Suzanne has reinvented herself and has been able to realize incredible dreams for herself after age 50. These new dreams are based upon recognizing:
- a) Her life is a least half over
  - b) She deserves to be happy now
  - c) What she now wants out of life
  - d) That she is an intelligent, adult woman
- 13) Suzanne feels younger women don't value this, but as women age, they realize the importance of:
- a) Good health due to good nutrition
  - b) Relationships with other women
  - c) Regular mammograms
  - d) Regular exercise
- 14) Suzanne feels middle age is a wonderful time for a woman to:
- a) Start a new relationship
  - b) Pamper herself
  - c) Reinvent herself
  - d) Take care of her skin
- 15) Wisdom gives you an inner sense that you can:
- a) Live forever
  - b) Handle any situation
  - c) Age gracefully
  - d) Solve any problem
- 16) In Dr. Shippen's interview, Suzanne asks him what is the biggest complaint men have when coming to see him. He replies:
- a) Energy loss
  - b) Erectile dysfunction
  - c) Weight gain
  - d) Loss of muscle tone
- 17) Free radicals are molecules that carry:
- a) An extra electron
  - b) An extra neutron

- c) An extra proton
- d) Nutrition

18) In the interview with Dr. Michael Galitzer, when asked what anti-aging medicine is, he replies that anti-aging is about:

- a) Repairing damage done by years of abuse
- b) Restoring chemical imbalances
- c) Preventing free radical damage
- d) Maximizing energy

19) How does Suzanne describe Dr. Schwarzbein?

- a) A young, vivacious, beautiful woman
- b) An intelligent, humorous woman
- c) A caring, thoughtful, savvy woman
- d) A sensitive, intelligent, funny woman

20) Dr. Reiss believes that if Suzanne and her husband were in Tahiti for a month and all she did was exercise and rest, her estrogen requirements will go down by what percentage?

- a) 15 percent
- b) 25 percent
- c) 30 percent
- d) 40 percent