

## Myth or Fact?

1. \_\_\_\_\_ Eating oily fish will boost your brain power and eating carrots will improve your eyesight.
2. \_\_\_\_\_ If women exercise too long or too hard, their uteruses will drop and they will not be able to have children.
3. \_\_\_\_\_ Not getting enough sleep is equivalent to being drunk in terms of your ability to think and focus.
4. \_\_\_\_\_ I can wait 3 years in between pap smears.
5. \_\_\_\_\_ Women cannot be trusted to make rational decisions when they are menstruating.
6. \_\_\_\_\_ Grain products such as bread, pasta, and rice are the devil for your diet.
7. \_\_\_\_\_ Caffeine can be good for your health.
8. \_\_\_\_\_ The transition to menopause typically occurs over 3 months and symptoms can be controlled by eating more soy.
9. \_\_\_\_\_ Women Veterans suffer more from chronic pain than men because they are weaker.
10. \_\_\_\_\_ Stress makes pain worse.
11. \_\_\_\_\_ Having a drink before bed will help you sleep better.
12. \_\_\_\_\_ Physical activity is a natural method for reducing anxiety and depression.
13. \_\_\_\_\_ I have to exercise for at least 30 minutes for it to count.
14. \_\_\_\_\_ No matter what the Surgeon General says, smoking is cool.