

# Word Scramble Facts

1. (S) It's a myth that menopause causes **S**ex drives in women to nosedive!
2. (C) A recent study showed yet again, that the stress people take on at work negatively affects their **C**ardiovascular health. Women who experienced higher job strain were 67% more likely to have a heart attack.
3. (A) For girls and women, the "body perfect" ideal is being ultra-thin with a dress size near 0. Girls as young as preschoolers are experiencing low self-esteem as a result of the influence of mass media. The fact is the **A**verage woman's dress size in Western culture is size 12.
4. (E) Negative comments made by siblings during teenage years have been shown to be **E**specially harmful to one's body image.
5. (T) Canadians drink alcohol more than 50% above the global average and alcohol abuse can create a public health **T**hreat.
6. (L) Bisexual women report poorer health outcomes than **L**esbian or heterosexual women.
7. (L) Women who report **L**ower levels of social-emotional support and life satisfaction, along with frequent mental distress are less likely to see a doctor for a routine checkup.
8. (I) 66% of women who have vaginal **I**ntercourse with men don't have orgasms.
9. (M) It is a **M**yth that a doctor can tell if a woman is a virgin.
10. (N) Large circles of friends are importa**N**t to psychological well-being, especially as women get older.
11. (O) It's a myth that the use of antibiotics makes birth c**O**ntrol pills unreliable.
12. (A) Many **A**nxiety disorders run in families and are likely to have a genetic cause.
13. (E) Severe stress can cause biochemical changes in the body, affecting the immune system, resulting in vulnerability to diseas**E**.
14. (L) The alcohol industry supports the view that alcoho**L** is entertainment and encourages young women to "keep up" with the boys. This perspective is problematic because females on average metabolize alcohol slower than males.
15. (A) Children whose mothers work during their early years do **A**s well in school as those with stay-at-home mothers, debunking a common parenting myth that has career women feeling guilty.
16. (H) 58% of Canadians report 'overload' associated with their many roles – work, home, family and friends, physical **H**health, volunteer and community service. So you are not alone in having challenges to maintain a balanced life.
17. (T) While you should check with your health care provider when you find a lump or have pain in your breasts, this does not necessarily mean that you have a disease. Most breast lumps are non-cancerous, especially in women under 40 years of age.
18. (H) Women with art**H**ritis report greater prevalence of activity and work limitations, psychological distress, and severe joint pain compared to their male counterparts.

**S C A E T L L I M N O A E L A H T H**