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Knowledge of Antioxidants and Breast Cancer Risk Among Women Attending Breast Cancer Risk Assessment Clinics

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1. Burris et al. (2010) found that most women believed that antioxidants had a _____ effect on their health.
 - a. Positive
 - b. Negative
 - c. Neutral
 - d. Synergistic

2. According to the World Cancer Research Fund and the American Institute of Cancer Research (2007) the relationship between food sources of antioxidants and breast cancer risk is as follows:
 - a. There is a definite relationship showing a decreased risk of breast cancer with increased antioxidant intake.
 - b. There is a definite relationship showing an increased risk of breast cancer with increased antioxidant intake.
 - c. There is no relationship between breast cancer risk and antioxidant intake.
 - d. A conclusion cannot be made regarding breast cancer risk and antioxidant intake.

3. Burris et al. (2010) found that women mostly rely on _____ for information about antioxidants.
 - a. The Internet
 - b. Print media
 - c. Radio and television
 - d. Friends and family

4. The World Cancer Research Fund/American Institute of Cancer Research report (2007) stated that
 - a. All fruits contain a single nutrient that can reduce one's cancer risk
 - b. All vegetables contain a single nutrient that can reduce one's cancer risk
 - c. the complex mixture of elements found in plant-based foods may act together to lower one's cancer risk
 - d. there is no link between eating vegetables and cancer risk

5. When asked to provide an example of a source of antioxidants most participants studied by Burris et al (2010), Cox and Bastiaans (2007) and Boodhu and Badrie (2007) correctly identified _____.
 - a. Tea
 - b. Chocolate
 - c. Wine
 - d. Vegetables and fruit

6. According to the World Cancer Research Fund and the American Institute of Cancer Research (2007) there is strong evidence to show that consuming a plant-based diet lowers overall cancer risk.
 - a. True
 - b. False

7. According to the World Cancer Research Fund and the American Institute of Cancer Research (2007) taking supplemental forms of _____ in amounts that exceed your needs can increase the risk of some cancers.
 - a. Vitamin A, beta carotene, and selenium
 - b. Vitamin C
 - c. Lutein
 - d. Lycopene

8. Familiarity with the term antioxidant is likely related to a population's:
 - a. Average height
 - b. Average weight
 - c. Socioeconomic status
 - d. Political affiliation

9. Burris et al. (2010) found that none of their study participants demonstrated an understanding of antioxidants within the context of a plant-based diet as it relates to reduced overall cancer risk.
 - a. True
 - b. False

10. The disconnect between women's understanding of antioxidant intake and breast cancer risk versus the scientific evidence would be best addressed by:
 - a. Creating tailored nutrition communications.
 - b. Conducting more cohort studies.
 - c. Creating more product advertisements.
 - d. Making supplements more widely available.