

Notre Dame University
Faculty of Natural & Applied Sciences
Department of Sciences
HEA 201- Health Awareness
Final Exam – Fall 2003 – 2004
Good Luck!

Name:

I.D. #:

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Please take note of the following exam regulations:

Talking, improper seating, borrowing items (calculators, pens, correctors, etc.) are not permitted. Questions are not allowed during the exam. The exam sheets will be collected by the end of the period assigned in the official schedule. No extra time will be granted. The student has to leave the exam hall once he/she hands on the exam sheets. If caught cheating the exam sheets will be confiscated immediately and the student will have to leave the exam hall.

Every proctor in the exam hall will exercise the right to keep and apply the regulations mentioned above.

N.B.: Make sure that your cellular phones are turned off.

Multiple Choice Questions (105 questions, 1 pt each). Choose One Correct Answer.

- 1- A pregnant woman
 - a- can consume about one alcoholic drink per day
 - b- can consume about two alcoholic drinks per day
 - c- can consume about 7 alcoholic drinks per week
 - ☒ d- should avoid alcohol
- 2- Which of the following statements concerning smoking is false?
 - a- sidestream and mainstream smokes are both health hazards
 - b- sidestream smoke is richer than mainstream smoke in harmful chemicals because it is produced by a lower temperature combustion
 - c- inhaling mainstream smoke is active smoking
 - ☒ d- none of the above
- 3- Antioxidants help prevent damage to our cells caused by oxygen-containing molecules that are formed by normal metabolic processes. Those molecules are also known as
 - ☒ a- free radicals
 - b- atoms
 - c- fibers
 - d- enzymes

- 4- Which of the following is an example of useless and/or harmful supplement consumption?
- a- post-menopausal woman taking calcium supplements
 - b- strict vegetarian taking vitamin B12 supplements
 - c- pregnant women taking iron supplements
 - ☒ d- body builder taking amino acid supplements
- 5- Concerning eating disorders, which of the following is true?
- a- Only anorexics develop health consequences
 - b- Both bulimics and anorexics develop health consequences
 - c- Both bulimics and anorexics are underweight
 - ☒ d- Both b and c
- 6- Cindy is a 25 year old married woman who seeks your advise for a hormone-based contraceptive method she can follow. Knowing she is of the forgetful type, what would you suggest as best for her?
- a- Estrogen-based contraceptive pills
 - b- Copper-based IUD
 - ☒ c- Progesterone implants
 - d- Sterilization
 - e- None of the above
- 7- Sue fearfully reports to her close friend that she was forced into an unprotected sexual relationship the day before and that she is afraid of getting pregnant because it happened during her fertile period. What can Sue's friend best recommend she does as a prompt action?
- a- Too late to do anything and she has to live with what happened with her
 - b- Wait 15 days and do the pregnancy test, if positive then go for abortion
 - ☒ c- Go buy a "morning-after" pill from a pharmacy
 - d- a and b
- 8- We achieve flexibility mainly through
- a- aerobic exercise
 - b- proper nutrition
 - c- lifting weights
 - ☒ d- stretching
- 9- The maximum weight that a person can lift, push or press in one effort defines
- ☒ a- strength
 - b- energy
 - c- endurance
 - d- flexibility
- 10- The relative amounts of fat and lean tissue in the body refers to our
- a- weight
 - b- body density
 - c- cardiovascular fitness
 - ☒ d- body composition

- 11- In order to get the maximum benefit from cardiovascular training, you should work within a range called your
- a- pulse
 - ☒ b- target heart rate
 - c- resting heart rate
 - d- maximum heart rate
- 12- Mr. Deeb is a 45-year old male who never performed any exercise. His father died at his age of a heart attack. If he wants to start an exercise program aiming at weight loss he
- a- Should go ahead and start
 - ☒ b- Should check up with his doctor at first
 - c- Can simply loose weight by decreasing his calorie intake to 800 kilocalories per day
 - d- None of the above
- 13- The healthy fats you can consume include
- a- Fat in red meat
 - b- Coconut or palm oil
 - ☒ c- Olive or sunflower oil
 - d- Goods baked with margarine
 - e- None of the above
- 14- A healthy diet should have which of the following calorie distributions?
- a- 50% protein / 50% carbohydrates / 0% fat
 - b- 60% protein / 30% carbohydrates / 10% fat
 - ☒ c- 20% protein / 60% carbohydrates / 20% fat
 - d- any of the above is healthy since all have less than 30% fat
- 15- Fibers are important components of a daily diet because they
- a- are good energy sources for our cells
 - ☒ b- are important for the normal functioning of our digestive system
 - c- insulate the body and protect internal organs
 - d- are important in tissue synthesis (growth)
- 16- Fish
- a- are good sources of complete (high-quality) proteins
 - b- are rich in PUFAs
 - c- contain all the essential amino acids the body needs for protein synthesis
 - ☒ d- all of the above
- 17- Vitamin C
- a- Is a phytochemical
 - b- Is a fat-soluble vitamin
 - ☒ c- Protects against cell damage by free radicals
 - d- b and c

- 18- According to the dietary guidelines
- ☒ a- one should concentrate on eating more plant products (grains, vegetables and fruits) and less saturated fat
 - b- sodium (salt) consumption should not be altered so as to enhance the quality of food
 - c- sugar intake should be increased because it is a main source of fuel to our cells
 - d- all of the above
- 19- Which of the following can multiply on a moist, protein-rich food?
- ☒ a- Salmonella
 - b- hepatitis A virus
 - c- Taenia
 - d- all of the above
- 20- Which of the following is a good source of calcium?
- a- Milk and dairy
 - b- Green-leafy vegetable
 - c- Legumes
 - ☒ d- All of the above
- 21- You are on a diet, and you had to choose between a 300 Kcal bar of chocolate and a 300 Kcal dish of boiled pasta. What would the healthiest choice be?
- a- You can choose either because both have the same calorie content
 - ☒ b- You should choose pasta because it has a lower fat content
 - c- You should choose chocolate because it has a good sugar content
 - d- You cannot choose either because both are not adequate choices for a diet
- 22- Tony (100 Kg in weight) and Samir (70 Kg in weight) exercised on the treadmill for one hour (same settings of speed & inclination). Who burned more calories?
- a- Samir
 - b- Tony
 - ☒ c- Both burned the same amount of calories since they exercised similarly
 - d- This depends on the meal each had before the exercise session
- 23- Which of the following statements is false?
- a- Very-low-calorie diets reduce metabolic rate
 - b- Yo-yo syndrome can result from very-low-calorie diets
 - ☒ c- Diet pills are effective and risk-free means of losing weight
 - d- Both a and b
- 24- Bill learnt that his percent body fat is 25. This implies that he
- ☒ a- has too much body fat
 - b- is below normal body fat
 - c- has acceptable % body fat
 - d- is obese

- 25- Which of the following is not a cause of infertility in females?
- a- age
 - b- hormonal imbalances
 - c- blocked fallopian tubes
 - ☒ d- varicocele
- 26- In males, the tube which carries sperm from the testes to the outside is called
- a- prostate tube
 - ☒ b- vas deferens
 - c- seminal tube
 - d- uterine tube
- 27- Which of the following is part of the female reproductive system?
- ☒ a- cervix
 - b- vas deferens
 - c- testis
 - d- prostate
 - e- none of the above
- 28- Concerning prostate problems, which of the following is false?
- a- They cause urinary problems
 - ☒ b- Benign prostate hypertrophy is common in your age group
 - c- Prostate cancer is curable at early stages
 - d- None of the above
- 29- Initially, sex of the embryo is determined by
- ☒ a- presence of Y chromosome
 - b- presence of the X chromosome
 - c- presence of testosterone
 - d- presence of estrogen
- 30- The development of the reproductive system starts
- a- at puberty
 - ☒ b- during embryonic life
 - c- at birth
 - d- in childhood
- 31- Which of the following is not a female sexual health problem?
- a- menopause
 - b- dysmenorrhea
 - c- amenorrhea
 - ☒ d- impotence
 - e- none of the above
- 32- Which of the following statements concerning toxic shock syndrome is false?
- a- it is a bacterial infection
 - b- it can be deadly
 - c- it is most frequent among young women who use tampons
 - ☒ d- none of the above

- 33- Which of the following statements concerning hepatitis B is true?
- a- It can lead to liver cirrhosis and cancer
 - b- It can be transmitted sexually
 - c- Its symptoms include jaundice
 - ☒ d- All of the above
- 34- Vectors (the vehicle the disease-causing organism uses to get to its host) include all of the following except
- a- humans
 - b- water
 - c- food
 - ☒ d- viruses
 - e- insects
- 35- Which of the following is not part of the body's defense mechanisms to infection?
- a- skin
 - b- lymphoid organs
 - c- macrophages
 - d- lymphocytes
 - ☒ e- none of the above
- 36- CD4 T cells
- ☒ a- are also called helper cells
 - b- their main job is to kill infected cells
 - c- produce specific antibodies
 - d- all of the above
 - e- none of the above
- 37- Preconception health risks include
- a- weight problems
 - b- drug abuse
 - c- smoking
 - d- environmental pollutants
 - ☒ e- all of the above
- 38- Prenatal care involves
- a- keeping a well-balanced diet throughout pregnancy
 - b- avoiding any physical exercise because it leads to miscarriage
 - c- quitting smoking and limiting alcohol intake
 - d- all of the above
 - ☒ e- a and c
- 39- The structure in the uterus which allows for the exchange of blood between fetus and mother is called
- ☒ a- Placenta
 - b- Umbilical Cord
 - c- Amnion
 - d- Amniotic fluid

- 40- Before age 40, women are generally more protected than men from cardiovascular disease because
- a- hormone replacement therapy has a protective role against atherosclerosis
 - ☒ b- estrogens lower LDL:HDL ratio
 - c- women bear children and this helps protect their vessels from injury
 - d- none of the above
- 41- Atherosclerosis
- ☒ a- is the formation of cholesterol plaques on walls of vessels
 - b- occurs only in men
 - c- fat deposits are mainly HDL
 - d- only affects coronary (heart) arteries
 - e- all of the above
- 42- Which of the following statements about cancer is false?
- a- It is a state of uncontrolled cell division.
 - b- It results in abnormal cell growth and formation of tumors.
 - ☒ c- Benign tumors are usually life-threatening because of unlimited growth.
 - d- Cancerous cells can metastasize and affect other tissues and organs.
 - e- None of the above
- 43- Becoming accustomed to a drug and needing increasing doses of it to achieve desired effects is referred to as
- a- intoxication
 - ☒ b- tolerance
 - c- withdrawal
 - d- misuse
- 44- In the treatment of severe drug addictions, medications are
- a- to be avoided
 - ☒ b- necessary to alleviate withdrawal symptoms and their potential health complications
 - c- optional and generally reserved for people with a latent mental disorder
 - d- none of the above
- ☒ 45- Factors that influence the development of drug abuse disorders include all of the following except
- a- peer pressure
 - b- psychological factors
 - ☒ c- genetic differences
 - d- none of the above
- 46- Drug consumption can affect all of the following except
- a- physical health
 - b- psychological health
 - c- social health
 - ☒ d- none of the above

47- Following a friend's advice to start an antibiotic treatment without medical prescription/supervision is an example of

- ☒ a- drug misuse
- b- drug abuse
- c- addiction
- d- drug abuse disorder

48- Carbon monoxide

- a- can settle in airways and damage cilia
- b- is a thick, sticky dark fluid which causes cancer
- ☒ c- reduces the oxygen-carrying capacity of hemoglobin
- d- all of the above

→ 49- Pathogens include all of the following except

- a- viruses
- b- parasites
- c- fungi
- d- bacteria
- ☒ e- none of the above

50- When you catch a common cold it is necessary to

- a- start antibiotics as soon as possible
- b- take mega doses of vitamin C supplements
- ☒ c- support yourself with plenty of fluids and rest
- d- all of the above

☒ 51- Flu differs from common cold by

- a- being a bacterial infection
- b- commonly producing fever
- ☒ c- being a less serious infection
- d- causing diarrhea
- e- none of the above

52- Concerning adequate treatment of pubic lice and scabies

- a- shampoos and lotions are enough
- ☒ b- shampoos and lotions, in addition to washing clothes and bedding, are best measures
- c- antibiotics are effective
- d- b and c

☒ 53- HIV

- a- attacks the immune system by destroying CD8 T cells
- b- attacks the immune system by destroying B4 cells
- ☒ c- causes an acquired form of immunodeficiency
- d- is a strong resistant virus
- e- none of the above

- 54- All of the following are considered bacterial diseases except
- a- urinary tract infection
 - ☒ b- hepatitis
 - c- chlamydial infection
 - d- gonorrhea
- 55- During which stage of the infection process is an individual highly contagious?
- a- initial exposure
 - b- incubation period
 - ☒ c- illness period
 - d- recovery period
- 56- Rubella has the most destructive effects on which of the following groups?
- a- unborn babies
 - ☒ b- teenagers
 - c- women going through menopause
 - d- the elderly
- 57- All of the following are true statements concerning mononucleosis except
- a- It is caused by a virus
 - b- Symptoms include sore throat, headache and fever
 - ☒ c- It is most common among the elderly
 - d- None of the above
- 58- All of the following behaviors may increase your risk of contracting HIV except
- a- having multiple sexual partners
 - b- sharing drug needles
 - ☒ c- having casual contact with someone who has HIV
 - d- engaging in anal intercourse
- 59- The specific immune response
- a- Involves only macrophages
 - b- Is immediate
 - ☒ c- Involves the production of antibodies
 - d- None of the above
- 60- Which of the following statements concerning sexually transmitted diseases (STDs) is false?
- ☒ a- Using condoms and spermicides is as protective against them as sexual abstinence.
 - b- The risk of transmission is higher from males to females
 - c- A person can have more than one STD at a time
 - d- They can affect organs other than those of the reproductive system
- 61- A chancre is a characteristic lesion of
- a- Gonorrhea
 - b- Hepatitis B
 - ☒ c- Syphilis
 - d- None of the above

- 62- Dany had an unprotected sexual intercourse with a prostitute. He got worried about catching HIV. After few days, he went to the lab and did an anti-HIV antibodies detection test that turned out to be negative. What should he do?
- a- Calm down and be relieved from his worries
 - ☒ b- Repeat the test after 3 months and if negative, stop worrying
 - c- Immediately start taking antiviral therapy as a protection
 - d- Since he was not having any symptoms, there was no need to do the test from the beginning
- 63- Inflammation
- a- is an example of non-specific immune response
 - b- involves macrophages
 - c- starts within minutes after germs enter the body
 - ☒ d- all of the above
- 64- Vaccination is based on the principle of specificity and memory of
- a- macrophages
 - b- B lymphocytes
 - c- T lymphocytes
 - ☒ d- b and c
 - e- All of the above
- 65- The period of relaxation between contractions of the heart is called
- a- systole
 - ☒ b- diastole
 - c- ventricular rest
 - d- blood pressure
- 66- Cigarette smoking increases the risk of heart disease in all the following ways except
- a- nicotine over stimulates the heart
 - ☒ b- smoking decreases blood clotting
 - c- oxygen supply to the heart is reduced
 - d- smoke residues can damage the lining of the coronary arteries
- 67- The term for high blood pressure is
- a- peripheral vascular disease
 - b- hypotension
 - ☒ c- hypertension
 - d- systolic elevation
- 68- When the blood supply to a portion of the brain is blocked, this causes a
- ☒ a- stroke
 - b- blackout
 - c- heart attack
 - d- dizzy spells

- 69- John's blood pressure reading is 110/75. Accordingly, which of the following statements is false?
- a- 110 is the systolic blood pressure
 - b- 75 is the diastolic blood pressure
 - ☒ c- each value of the reading is in mm Hg
 - d- both a and b
 - e- none of the above
- 70- Detection of artery blockage is done by
- a- mammography
 - ☒ b- angiography
 - c- ultrasonography
 - d- none of the above
- 71- Bachir is 60 years old with high blood pressure and diabetes. He is having episodes of chest pain when he climbs the stairs. Which is true?
- a- his symptoms are due to lack of fitness and smoking
 - b- he is not at risk of developing a heart attack
 - ☒ c- he has to see his Doctor immediately
 - d- he will get better if he stops smoking and performs regular exercise
- 72- Which of the following types of cancer starts in the epithelium?
- ☒ a- carcinomas
 - b- sarcomas
 - c- leukemias
 - d- lymphomas
- 73- All of the following are dietary guidelines that may reduce the risk of cancer except
- a- avoid cured, pickled or smoked meats
 - ☒ b- reduce your intake of vitamin D
 - c- eat plenty of antioxidant rich foods
 - d- reduce the fat in your diet
- 74- Which of the following is not a risk factor for cancer?
- a- heredity
 - b- viruses
 - c- smokes
 - d- sun
 - ☒ e- none of the above
- 75- Cancer can be treated with
- a- electric shock therapy
 - b- ultrasound therapy
 - ☒ c- radiation therapy
 - d- all of the above

- 76- Which of the following statements concerning skin cancer is false?
- a- melanoma is the deadliest type of skin cancer
 - b- a person with marked freckling on the back is at higher risk for skin cancer
 - c- a suspicious mole would be a darkly pigmented asymmetrical one
 - ☒ d- none of the above
- 77- Which of the following statements concerning sunlight and skin cancer is false?
- a- sunlamps are a risk-free alternative to sunlight exposure
 - b- one should avoid sun anytime his shadow is longer than himself
 - c- UVB are more damaging than UVA
 - d- protective clothing is always preferable to the most protective sunscreen
 - ☒ e- both a and b
- 78- Which of the following is not a risk factor for breast cancer?
- a- breast cancer genes
 - b- hormone replacement therapy
 - ☒ c- having many children before age 30
 - d- having a low fruit and vegetable intake
- 79- Mixing barbiturates and alcohol has up to 4 times the depressant effect than either drug has alone. This is an example of _____ interaction.
- a- Potentiating
 - ☒ b- Synergistic
 - c- Antagonistic
 - d- Additive
- 80- Drugs that can speed your physical or mental processes include:
- a- Caffeine
 - b- Anabolic steroids
 - c- Cocaine
 - ☒ d- All of the above
- 81- Which route of administration gets drugs into the blood stream the fastest?
- a- oral ingestion
 - ☒ b- intravenous injection
 - c- intramuscular injection
 - d- subcutaneous injection
- 82- Which of the following substances contains the most caffeine?
- ☒ a- tea
 - b- cola
 - c- cocoa
 - d- chocolate
- 83- All of the following are considered opioids except
- ☒ a- cocaine
 - b- codeine
 - c- heroin
 - d- morphine
 - e- none of the above

- 84- Drug abusers can develop all the following except
- a- Brain damage
 - b- Malnourishment
 - c- Sudden heart attacks
 - d- Sexual problems
 - ☒ e- None of the above
- 85- Which of the following statements concerning anabolic steroids is true?
- a- Their use is not dangerous
 - b- They are generally inhaled
 - ☒ c- They are synthetic derivatives of testosterone
 - d- None of the above
- 86- Which of the following statements concerning drugs is true?
- a- They always heal you
 - b- They always produce addiction
 - c- Over-the-counter drugs have no side effects
 - d- The word "drugs" always implies illegal psychoactive drugs
 - ☒ e- None of the above
- 87- Which of the following is a hallucinogen?
- a- marijuana
 - b- heroin
 - c- cocaine
 - ☒ d- LSD
 - e- none of the above
- 88- Benzodiazepines are
- ☒ a- anxiolytics
 - b- opioids
 - c- amphetamines
 - d- anabolic steroids
- 89- Caffeine
- ☒ a- increases heart rate and urination
 - b- decreases heart rate and urination
 - c- increases heart rate and decreases urination
 - d- decreases heart rate and increases urination
 - e- none of the above
- 90- Which of the following statements concerning caffeine intoxication is false?
- ☒ a- it can create dependence
 - b- it can lead to insomnia and nervousness
 - c- it can cause digestive upset
 - d- it can result from as little as 2 coffee cups per day in caffeine-sensitive people
 - e- none of the above

91- Salicylic acid is the active ingredient of both Aspirin® and Aspro®. Which of the following statement is correct?

- a- Aspirin® and Aspro® are generic drugs
- b- Aspirin® and Aspro® are brand names
- c- Salicylic acid is the brand name of Aspirin® and Aspro®.
- d- Salicylic acid is a chemical name
- e- a and c
- ☒ f- b and d

→ 92- Which of the following psychoactive drugs have a sedating effect (sedatives)?

- a- Amphetamines
- b- Anabolic steroids
- c- Caffeine
- d- Low doses of nicotine (shallow smoking)
- ☒ e- None of the above

93- Concerning alcohol intake, which of the following is true?

- a- taking alcohol while you are on medications will not cause you harm
- b- eating while drinking increases alcohol absorption
- c- regular drinkers have less alcohol metabolizing enzymes
- ☒ d- some people incorrectly use alcohol as a medicine to put them to sleep or relieve their pains
- e- all of the above

94- Alcohol abuse can:

- a- make you prone to other substance abuse
- b- cause heart failure
- c- cause liver failure
- d- worsen stomach ulcers
- ☒ e- all of the above

95- All of the following are considered distilled spirits except

- a- vodka
- ☒ b- beer
- c- rum
- d- whiskey
- e- none of the above

96- The type of alcohol found in alcoholic beverages is

- a- methanol
- b- butanol
- ☒ c- ethanol
- d- paracetamol

97- A bottle of 100-proof bourbon is what percent alcohol?

- a- 40%
- ☒ b- 50%
- c- 80%
- d- 100%
- e- none of the above

98- Which of the following blood alcohol levels is considered deadly?

- a- 0.1%
- b- 0.2%
- c- 0.3%
- ☒ d- 0.4%

99- The main detoxifying organ in the body is the

- a- lung
- b- stomach
- ☒ c- liver
- d- heart

100- How long does it take the alcohol in a typical drink to reach the bloodstream?

- a- 45 minutes
- ☒ b- 15 minutes
- c- 7 seconds
- d- 1 hour

101- The carcinogenic agent found in cigarettes is

- a- nicotine
- ☒ b- tar
- c- carbon monoxide
- d- all of the above

102- The addictive compound present in tobacco is

- a- tar
- ☒ b- nicotine
- c- carbon monoxide
- d- both a and b
- e- all of the above

103- Which of the following is safe to smoke?

- a- cigarette
- b- pipe
- c- cigar
- d- nargileh
- ☒ e- none of the above

104- Smoking is the major cause of all the following respiratory disorders except

- a- emphysema
- b- chronic bronchitis
- c- chronic obstructive lung disease (COLD)
- ☒ d- asthma

105- All of the following are true statements concerning health risks in women smokers except

- a- Women smokers have higher rates of cancer
- ☒ b- Women smokers experience menopause later than normal
- c- Women smokers have higher rates of cardiovascular diseases
- d- Women smokers have more pregnancy problems
- e- None of the above