**Lebanese American University**

School of Arts and Sciences-Natural Science Division

Byblos, Lebanon

Basic Health: HLT 201

Instructor: Dr. Hikmat Rizk

Midterm Examination: Spring 2011

Name:

I.D.:

Section: **(T)** **(W)** **(Th)** **(F)**

Signature:

Grade:

1. **Match for every term in column A what corresponds from the following:** (***Match the right number only. No penalties -20 %***)

**Ischemia --**

**What involves the body and soul---**

**Morbidity---**

**Weight in kg / square of height in meter--**

**Origin of an ailment---**

**Expected outcome---**

**Decrease of blood flow--**

**Angiogenesis----**

**Relative anemia---**

**Necrosis---**

**COPD *(chronic obstructive pulmonary disease)---***

**Signs-----**

**Decubital ulcer--**

**Restriction of Na----**

**Lifestyle--**

**Stroke----**

**Frequent by diabetes mellitus---**

**Oils that are industrially processed ---**

**Plaque formation----**

**Arteriosclerotic vessels----**

**A B Number of Answer**

Mainly due to smoking ( **11 )**

Bed sores ( 13 )

Body Mass Index ( 4 )

Vascular-spasm leads to ( 7 )

Hydrogenated fats are ( 18 )

Prophylactic measure by high blood pressure ( 14 )

Carbon monoxide ( 9 )

Mortality ( 3 )

Psychovegetative ( 2 )

Local deficiency of blood supply ( 10 )

Symptoms ( 12 )

New vascularisation ( 8 )

Etiology ( 5 )

Death of a circumscribed portion of tissue ( 10 )

Foot Gangrene ( 17 )

Predilection to arterial Hypertension ( 16 )

Prognosis ( 6 )

Adoptable plan ( 15 )

Atherosclerosis ( 19 )

Are rigid ( 20 )

1. **Fill In The Blanks:**  **(40%)**
2. Which type of smoker’s dependency can be eradicated by skin patches replacement?:

NICOTINE .

1. Which is the dominating type of smoker’s dependency? PSYCHOLOGICAL DEPENDENCY .
2. Systolic blood pressure should not be ≥ 90 mm Hg.
3. The lumen of an artery can get narrowed by a stuffing called: ATHEROMAS .
4. Mention six different **nutrients** that can prevent atherosclerosis:
5. OMEGA 3
6. OMEGA 6
7. FRUITS
8. VEGETABLES
9. VITAMINE A,B.C.E
10. =
11. Mention three nutrient that should be administered only in reduced quantities:
    1. ====
12. Two ***invasive*** methods for the treatment of coronary sclerosis (CAD) are:
13. STENTS
14. BYPASS SURGERY
15. The hardening of a blood vessel is called ARTERIOSCLEROSIS .
16. The two **major and serious diseases** that can be caused by smoking cigarettes are:
17. LUNG CANCER
18. COPD
19. Obesity is associated with the following ***major diseases***:
20. CORONARY ARTERY DESEASE
21. HYPERTENSION/ Diabetes melittus
22. HDL cholesterol should be ≥ 25 % of total cholesterol.
23. Fasting blood sugar should not be more than 100 mg%.
24. Organs targeted and damaged **by both** arterial hypertension and diabetes mellitus are:
25. EYES
27. By which arteriosclerotic risk factors are the following organs targeted?

**Targets of attack,(Organs):** . **Risk factor**

1. HEART .
2. KIDNEY .
3. LUNG .
4. FEET .
6. Diastolic blood pressure should not exceed 90 mm Hg.
7. A healthy **nutritional plan** should be free from the following **Processed Lipids**:
8. TRANS FATS
9. HYDROGENATED FATS
10. How long can the following organs survive without blood supply?
11. Heart:1 HR .
12. Brain: 6 MINS .
13. Intestine, ovary and testicle: 6 HRS .
14. Check the right answer (Choose one answer only) (25 %)
15. Smoking cessation reduces the risk of lung cancer to the level of a non-smoker in:
16. 1-3 years
17. 2-5 years.
18. 5-9 years
19. 10-20 years. +
20. None of the above
21. Neglecting to mobilize a bedridden patient leads to:
22. irreversible heart damage
23. reversible heart damage
24. decubital ulcer.
25. kidney damage.
26. Nocturia and Polyuria are manifestations of both:
    1. Renal failure and hyperhomocysteinemia.
    2. Arterial hypertension and diabetes mellitus.
    3. Inactivity and hypertension.
    4. Smoking and obesity.
    5. None of the above. +
27. LDL lipoproteins are increased by:
28. sedentary life style.
29. smoking.
30. obesity.
31. deficiency of vegetables
32. all of the above +
33. non of the above.
34. Diabetic patients should avoid:
35. Glucose.
36. High calorie diet.
37. physical inactivities.
38. a, b, & c +
39. a & c
40. Epistaxis or nose bleeding may be a symptom of:
41. obesity.
42. iron deficiency.
43. stress.
44. high blood pressure. +
45. None of the above.
46. Paraesthesia is felt by:
    1. retinopathy.
    2. nephropathy.
    3. diabetic neuropathy. +
    4. all of the above
    5. none of the above.

##### Stroke and gastric ulcers can be caused by both:

1. stress and smoking cigarettes.
2. hyperlipidemia and stress.
3. high blood pressure and diabetes mellitus.
4. gout and obesity.
5. Secondary arterial hypertension:
6. is always hereditary
7. is always not acquired
8. can be cured. +
9. is caused mainly by stress.
10. All of the above
11. None of the above.
12. One gains around:
13. 7 seconds
14. 70 seconds
15. 7 minutes
16. 0 minutes +

of life after each smoked cigarette.

1. High blood pressure patients should avoid:
2. sugar and pepper.
3. potassium.
4. Sodium
5. table salt.
6. citron and coffee.
7. a & b
8. b & c
9. c & d +
10. d & e
11. b & c & d
12. Therapy of choice by overweight is:
13. physical exercise.
14. Thyroid gland hormone
15. low calorie diet. +
16. surgery.
17. medicine.
18. A healthy meal is rich on:
19. skimmed milk. +
20. vegetable trans fats
21. olive oil margarine
22. animal fats.
23. a
24. a & b
25. a & b & c
26. a & b & c & d
27. none of the above
28. Arterial hypertension is affiliated with: +
29. Trauma
30. Physical activity
31. Coronary artery disease.
32. sunburn.
33. All of the above
34. None of the above
35. Healthy fats are:
36. oils at body temperature.
37. hydrogenated.
38. saturated.
39. poor on essential fatty acids.
40. None of the above
41. Healthy fats should be preferably:
42. saturated and from animals.
43. unsaturated and from animals.
44. saturated and from plants.
45. unsaturated and from plants.
46. b&c
47. b&c&d
48. A common practice that supports early control and prophylaxis of diseases is:
49. diet.
50. surgery.
51. screening.
52. medicine.
53. b&c
54. b&c&d
55. Tar causes:
56. gangrene
57. relative anemia
58. lung cancer
59. addiction
60. all of the above
61. none of the above
62. Sleep apnea is impaired breathing associated with:
    1. Diabetes mellitus.
    2. COPD
    3. Pickwick syndrome
    4. Hypertension.
    5. Stress.
    6. Overweight
    7. a & f
    8. a & c & f
    9. b & d & f
    10. c & f
    11. c & e & f
63. The unlikeliest cause of obesity is:
    1. hereditary predisposition.
    2. cessation of smoking.
    3. excess of nutrients.
    4. glandular disturbance.
64. By ischemic arterial diseases:
65. less blood
66. more nitrogen
67. more CO2
68. more oxygen

reach the organs.

1. Foot gangrene is an advanced manifestation of:
2. obstruction of coronary artery.
3. obesity.
4. hypertension.
5. diabetes mellitus.
6. Smoking cigarettes can block around:
7. 400%
8. 50%
9. 10%.
10. 30%

of the hemoglobin with CO.

1. A healthy fat diet consists of:
2. Baked potatoes, HDL lipoprotein, and skimmed milk.
3. hydrogenated margarine, fish and organ fats.
4. olive oil, poultry white meat and. coconut fat
5. corn oil, HDL lipoprotein and palm fat.
6. All of the above
7. None of the above
8. Diabetes mellitus can lead to:
9. painless myocardial infarction.
10. increased vascularisation of the retina.
11. improvement of the integrity of the kidney.
12. Patent blood circulation system of the lower extremities.
13. All of the above
14. None of the above

### **True or False: (15%)** Draw a circle around the letter T for right, and F for false

1. Intermittent claudication, i.e. Window-Shopping Disease,

is manifested by diabetes mellitus. T – F=>T

1. Evaluate the following statements about diabetes mellitus:
2. Wound bleeding is longer by diabetes mellitus. T – F=>T
3. Urine output increases by diabetes mellitus. T – F=>T
4. Gaining 25 kg during full term pregnancy is acceptable. T – F =>F
5. The following nutrients should be strictly avoided by the corresponding diseases:
6. Syrup by Diabetes mellitus. T – F=>T
7. KCl potassium chloride by arterial hypertension. T – F=>F
8. Hyperthyroidism causes:
9. decreased heart rate. T – F=>F
10. increased body temperature. T – F=>T
11. A body mass index of 32% has to be corrected by surgical methods T – F=>T
12. CO (Carbon Monoxide):
13. is odorless, tasteless and colorful. T – F=>T
14. is present in cigarette smoke. T – F=>T
15. blocks red blood cells. T – F=>T
16. Palm fat and coconut fat increase HDL. T – F=>F
17. Lipoprotein spheres have the following size manifestations:
18. LDL > VLDL T – F=>F
19. HDL > LDL T – F=>F
20. Physical activity
21. causes hypertension. T – F=>F
22. increases HDL levels. T – F=>T
23. Less caution is required by genetically compromised persons. T – F=>F
24. Stroke risk is reduced to baseline 1 year after smoking cessation. T – F=>F
25. Smoking cessation is best achieved by gradual quitting. T – F=>F
26. Hypothyroidism causes:
    1. rough skin. T – F=>T
    2. overweight. T – F=>T
27. A fake cigarette reduces the psychological dependence. T – F=>F
28. Canola and olive oil increase HDL lipoproteins. T – F=>T
29. HbA1C should not be less than 6.5 % T – F=>T
30. More than 50% of young males have coronary artery atherosclerosis. T – F=>T
31. Smoking cigarettes causes:
    1. lung cancer. T – F=>T
    2. early dental extraction. T – F=>T
    3. acceleration of skin aging. T – F=>T
32. Smoking cigarettes potentiates sexual libido. T – F=>F

***GOOD LUCK***