

The Digestive System Lecture p.57-74:

1. What is the main function of a salivary gland?
A: **Create saliva**
1. Which of the following are organs of mastication?
a)Liver b)teeth c)tongue d)stomach **Ans: B**
3. Which of the following secretes gastric juices?
a)Esophagus b)Stomach c)Salivary Glands d)small intestine **Ans: B**
1. Fill in the Blank; (clue: disorder)
People with _____ have secretive episodes of binge-eating followed by self-induced vomiting. **Ans: Bulimia**
1. Which of the following is not a disorder of the large intestine?
a)constipation b)cancer c)cystic fibrosis d)diarrhea **Ans: C**

Problems & Diseases of the Skeletal System p.75-86:

1. Who are more prone to avulsion injuries?
A: **Children**
2. Which of the following is not a symptom of arthritis?
a)pain b)increased flexibility c)stiffness d)swelling of the joint **Ans: B**
1. Which of the following is a component of "good posture"?
a)forward head b)concave cervical curvature c)convex lumbar curvature d)concave thoracic curvature **Ans: B**
1. Fill in the blank: Inadequate _____ is an important factor contributing to low back pain. **Ans: Flexibility**
1. What is the general healing time for a simple fracture?
a. 6-8 months b) 6-8 weeks c) 4-6 weeks d) 4-6 months **Ans: B**

Men & Women's Health p. 87-96:

1. True or False:
Pathology is the study of mechanical causes, effects and processes of disease.
Ans: False
1. Which type of medical imaging probes the body with pulses of high frequency sound/waves that echo off of the body's tissues?
a)MRI b)Pet c)Ultrasound d)Cat or CT **Ans: C**
1. Which of the following is NOT considered a classification of our components of health?
a) Physical b)Social c)Environmental d) Nutritional **Ans:D**
1. True or False:
While cancer is often a severe combination of many diseases affecting multiple parts of the body, a cancer patient may recover through responses to therapy regardless of which stage they are at in treatment.
Ans: True
1. True/False:
While MRI tests are considered to be one of the most detailed and useful tests of imagery that doctors may interpret, a disadvantage is that often they are too costly for the patient to afford.
Ans: True

Mind & Body Communication p.100-105

1. Fill in the blank

The _____ is the lessening of symptoms of a disease by believing in the healing powers of a make believe medicine. **Ans: Placebo effect**

1. Which system is also known as the hormone system?
a)cardiovascular system b)endocrine system c) nervous system d)gastro-intestinal system **Ans: B**

1. An example of the power of the mind to create illness is illustrated by:
a)placebo effect b)biofeedback disorder c)psychosomatic illness d)osteoperosis **Ans: C**

4.What is the major way in which the body and the mind communicate?
a)The central Nervous System b) the parasympathetic nervous system c) the autonomic nervous system d) the sympathetic nervous system **Ans: C**

1. True/False
Somatization disorders are fairly easy to treat. **Ans: False**

Stress p.106-113:

1. True/False
Stress cannot affect a developing fetus. **Ans: False**

1. Fill in the blank:
In the second stage of stress, secretion of the glucocorticoid _____; secretion of adrenaline _____.
a)Increases;returns to normal b)returns to normal;increases c)increases;increases d)returns to normal; returns to normal **Ans: D**

3.True/False:
A stressor must be real. **Ans: False**

4.Stress can be harmful but cannot lead to death. **Ans: False**

5.Generally, psychological stress leads to _____
a. saliva secretion
b. constriction of the pupils
c. decreased heart rate
d. increased blood pressure **Ans: D**

The Digestive System:

1. **True** or False: The mouth is also known as the oral cavity
2. The Colon is divided into the following parts except for:
 - a) Ascending colon
 - b) Transverse colon
 - c) Descending colon
 - d) Sigmending colon**
3. Which of the following is not considered a disorder of the mouth?
 - a) Gingivitis
 - b) Cancer
 - c) Dental caries
 - d) Leukoplakia pre-cancerous cell
 - e) Ulcers**
4. What is the main symptom of GERD?
 - a) Heartburn**
 - b) Indigestion

- c) Fever
 - d) Sore throat
5. Name the signs and symptoms of gastric diseases:
- Gastritis
 - Anorexia
 - Nausea
 - Emesis

The Skeletal System

1. True or **False**: Rickets is a disease of children in which bones over calcify.
2. Name the four major events involving bone reparation:
 - A hematoma forms
 - A fibrocartilage callus forms
 - The bony callus forms
 - Bone remodeling occurs
3. Lordosis is defined as:
 - a) **Increased curving of the spine inward or forward in the sagittal plane**
 - b) One or more lateral curvatures of the spine
 - c) Increased curving of the spine outward or backward in the sagittal plane
 - d) None of the above
4. **True** or false: The nucleus pulposus is an inner soft, pulpy, highly elastic structure
5. The healing time for a simple fracture is about:
 - a) 1-2 weeks
 - b) 2-3 weeks
 - c) **6-8 weeks**
 - d) 1 year

Men and Women's Health

1. Name 4 out of the 6 components of health
 - Physical health
 - Psychological health
 - Social health
 - Intellectual health
 - Spiritual health
 - Environmental health
2. **True** or false: Wellness is a sense that one is functioning at his or her best level.
3. Pathology is the
 - a) Underlying cause of a disease or the development of a disease
 - b) **The study of the biological causes, effects, and processes of disease**
 - c) The mechanisms of disease
 - d) The study of the formation of diseases
4. Fever, sore throat, and indigestion are known as:
 - a) **Symptoms**
 - b) Signs
 - c) All of the above

- d) None of the above
5. Paleness can be known as:
- a) **A sign**
 - b) A symptom
 - c) A side effect of Gingivitis
 - d) None of the above

Mind- Body Communications/Maintain Wellness

1. Which of the following does not lead to a state of mind-body harmony:
- a) Creativity
 - b) Anxiety
 - c) Joy
 - d) Fear
 - e) **B & D**
2. Name 5 ways to focus the mind to promote health, prevent disease, and foster healing in times of illness:
- Biofeedback
 - Relaxation
 - Hypnosis
 - Guided Imagery
 - Autogenic training
 - Meditation
3. The relaxation response decreases all of the following except for?
- a) Oxygen consumption
 - b) Heart Rate
 - c) Muscle Tension
 - d) **Body temperature**
4. True or **False**: Humor decreases comfort levels and increases stress and anxiety.
5. **True** or False: During a double-blind study, patients are unaware of whether they are receiving a placebo or a drug.

Stress

1. **True** or False: A Stressor is any agent or stimulus that produces stress.
2. Name the three stages that make up the General Adaptation Syndrome:
- The alarm reaction
 - The stage of resistance or adaptation
 - The stage of exhaustion
3. Which of the following is NOT an example of a stress indicator:
- a) An increase in the rate and force of heartbeat
 - b) Sweating of the palms of the hands
 - c) Dilation of pupils
 - d) **Increase in energy**

4. “The relationship between events occurring during the course of fetal development and the appearance of specific anatomical, physiological, or disease states that develop late in life”, is the definition of:

- a) **Fetal programming**
- b) Fetal Development
- c) Pre-Fetal development
- d) None of the above

5. Cortisol-induced fetal programming changes are known to influence:

- a) Body composition
- b) Growth rates
- c) Age at maturity
- d) Life expectancy
- e) **All of the above**

Digestive System:

1) Name the 7 segments of the Gastrointestinal Tract.

Answer: Mouth, Oropharynx, Esophagus, Stomach, Small Intestine, Large Intestine, Rectum.

2) What are 3 of the Liver’s main functions?

Answer: Any 3 of the following: Liver cells detoxify various substances, secret bile, promote metabolism, and store several substances, produces plasma proteins.

3) True or False? Gingivitis is a disorder of the Esophagus.

Answer: False → It is a disorder of the Mouth

4) What are the 2 types of Peptic Ulcers?

Answer: Gastric Ulcer: sores in the lining of the stomach

Duodenal Ulcers: sores in the first part of the small intestine

5) What are the Disorders of the Pancreas?

Answer: Pancreatitis, Cystic Fibrosis, and Cancer

Problems & Diseases of the Skeletal System:

1) How is a bone fracture repaired?

Answer: A hematoma forms, then a fibrocartilage callus forms, then a bony callus forms, and then bone remodelling occurs

2) True or False? The presence of an incomplete or partial and temporary dislocation of a joint is called subluxation

Answer: True

3) Name 3 initial symptoms of Arthritis.

Answer: Pain, Stiffness and Swelling of the joint.

4) True or False? The lack of Flexibility is an important factor contributing to Low Back Pain.

Answer: True

5) Define "Good Posture".

Answer: A position in which the ear, shoulder, hip, and knee are aligned over a point just in front of the ankle joint, which allows optimal functioning of all components.

Men and Women's Health:

1) What is a symptom?

A) an objective, observable indication of pathology, usually discovered during physical examination; can be seen or measured by the clinician.

B) a subjective complaint reported by the patient; an abnormal function, appearance, or sensation experienced by the patient

Answer: B, the answer A is a Sign.

2) What are the different types of pain?

Answer: Cutaneous pain, Deep Somatic pain, Visceral pain.

3) A common form of skin cancer that develops from exposure to noxious chemicals and high levels of x-rays, as well as from trauma is what kind of skin cancer?

Answer: Squamous Cell Carcinoma

4) Which medical imaging is best for visualizing bones and abnormal dense structures?

Answer: Fluoroscope or Cineradiography.

5) How does an Ultrasound work?

Answer: It works by Sonography, the body is probed with pulses of high-frequency sound waves the echo off the body's tissues.

Wellness:

1) What is a Biofeedback?

Answer: is a device that measures muscle tension in the head region

2) What is autogenic training?

Answer: It's a balance between the mind and the body

3) What are some mind-body methods for promoting health and preventing and recovering from illness?

Answer: Autogenic training, Biofeedback, Guided imagery, Hypnosis, image visualization, meditation, and progressive muscle relaxation.

4) What are hormones?

Answer: Hormones are chemicals produced by special organs and tissues in the body.

5) Does Humor have a positive effect on health?

Answer: Yes, it can increase comfort levels and decrease stress and anxiety in patients with cancer.

Stress:

1) What are some effects of intrauterine stress?

Answer: development delays, functional deficits, overt disease

2) Name some of the stress in the adult period

Answer: Stressful transition, Social relationships, Personal Identity

3) Does psychological stress relate to physiological stress?

Answer: Yes, Some psychological stress produces some physiological stress responses like lying and salivation

4) What is stress?

Answer: Any stimulus that directly or indirectly stimulates neurons of the hypothalamus to release CRH.

5) Do Elderly people have high risk for stress-related illness?

Answer: Yes, some factors that may contribute to this are poverty, the death of a spouse, social isolation

1) What are some ways to focus on the mind to prevent disease and foster healing in times of illness?

- Biofeedback
- Relaxation
- Hypnosis
- Guided imagery
- Autogenic training
- Meditation

2) What is a Placebo effect ?

The placebo effect is the lessening of symptoms or curing of disease by believing in the healing powers of a make believe medicine or "sugar pill". Although the curative powers of placebos are based on the recipient's belief in their power, that is not to say that the placebo effect is not real. Placebos act on the mind, which brings about physiological changes.

3) What are the disorders of the mouth?

- Infections
- Congenital factors
- Cancer
- Leukoplakia pre-cancerous cell
- Dental caries
- Gingivitis

4) What are the type of medical imaging that we use to diagnose an illness?

- X-ray
- CT or CAT scan
- PET
- MRI
- Ultrasound

5) What are some indicators of stress?

Whether an individual's body is responding to stress stimuli can be determined by certain

measurements and observations.

- an increase in the rate and force of heartbeat
- a rise in systolic blood pressure
- an increase in blood and urine concentration of epinephrine and norepinephrine
- sweating of the palms of the hands
- dilation of pupils

a decrease in the number of eosinophils and lymphocytes in the blood indicates that the individual is responding to stress stimuli.

The Digestive System

1. What are the 8 segments of the gastrointestinal tract?

Answer: Mouth, oropharynx, trachea, esophagus, stomach, small intestine, large intestine, rectum

2. What are the functions of the stomach?

Answer: Food reservoir, secretes gastric juice, churns the food, secretes intrinsic factor, absorption, produces the hormones gastrin, and helps protect the body

3. What is the role of the gallbladder?

- a. Stores bile that enters it
- b. Detoxifies various substances
- c. Secretes digestive enzymes
- d. Secretes insulin

Answer: A

4. What is GERD?

Answer: Gastroesophageal reflux disease, backflow of stomach contents upward into the esophagus

5. True/False, a food allergy occurs when your immune system reacts to a certain food as though it were harmful and something to be fought off

Answer: True

Problems and disease of the skeletal system

1. What is rickets?

Answer: a disease of children in which the bones fail to calcify

2. True/False, rickets is usually due to a lack of calcium in the diet or lack of vitamin D

Answer: True

3. A fissure fracture is when:

- a. The bone is broken on an angle
- b. Bone got squished
- c. Tiny crack in the bone
- d. Breaks on one side but not the other

Answer: C

4. True/False, a fracture in which the bone breaks cleanly but does not penetrate the skin is an open (or compound) fracture.

Answer: False, it is a closed fracture

5. What is kyphosis?

Answer: increased curving of the spine outward or backward in the sagittal plane

Men and women's health

1. List some components of health

Answer: physical, psychological, social, intellectual, spiritual, environmental, and career health

2. What is pathology?

Answer: the study of the biological causes, effects, and processes of disease

3. True/False, etiology is the underlying cause of a disease

Answer: False, it is the mechanism of the disease

4. List the 3 types of pain generating tissues

Answer: cutaneous pain, deep somatic pain, visceral pain

5. What is the most common cancer of the skin?

- a. Squamous cell carcinoma
- b. Malignant carcinoma
- c. Basal cell carcinoma
- d. Sarcomas

Answer: C

Mind-Body communication-maintain wellness

-
1. What makes up the autonomic nervous system?

Answer: Sympathetic and parasympathetic nervous systems

2. What is silent repetition of one of six autogenic phrases to produce a state of deep relaxation
 - a. Biofeedback
 - b. Image visualization
 - c. Guided imagery
 - d. Autogenic training

Answer: D

3. What is a psychosomatic illness?

Answer: the power of the mind to create illness

4. True/False, humor does not improve pain thresholds

Answer: False

5. True/False, The sympathetic nervous system constricts pupils, stimulates digestion, constricts bronchi, slows heart beat, stimulates digestions

Answer: False

Stress

-
1. What are the 3 changes of the stress triad?

Answer: enlarged adrenals, shrunken lymphatic organs, bleeding gastrointestinal ulcers

2. What is the general adaptation syndrome (GAS)?

Answer: the syndrome or group of changes that make the presence of stress in the body known

3. What stage is involved in returning individuals to their normal rates of hormones secretion
 - a. The stage of resistance or adaptation
 - b. The alarm reaction
 - c. The stage of post-stress
 - d. The stage of exhaustion

Answer: A

4. True/False, Physiological stress is not usually accompanied by psychological stress

Answer: False

5. What is fetal programming?

Answer: the relationship between events occurring during the course of fetal development and the appearance of specific anatomical, physiological, or disease states that develop later in life.

The Digestive System

Question 1: Name the 7 segments of the Gastrointestinal Tract.

Answer: Mouth, Oropharynx, Esophagus, Stomach, Small intestine, Large intestine, Rectum.

Question 2: What are some disorders of the mouth?

Answer: Infections, Congenital factors, Cancer, Leukoplakia pre-cancerous cell, Dental caries, Gingivitis.

Question 3: What is (IBS)?

Answer: Irritable bowel syndrome (IBS) is a common disorder of the intestine, causing abdominal pain with constipation, diarrhea, or alternating periods of both.

Question 4: List the 5 factors that can contribute to having an eating disorder.

Answer: cultural factors (thin represented as the ideal body shape)

family factors (attitudes and communication)

biological factors (genetic predisposition)

individual factors (personality type, struggling with self-identity or image)

precipitating factors (life events, especially traumatic ones)

Question 5: (True or False) A food allergy is a bad reaction to food that does not involve the immune system. Its root often lies in the gastrointestinal system, and is related to an individual's inability to digest or absorb particular foods.

Answer: False

Diseases of the Skeletal System (Back and Posture)

Question 1: The repair of bone fractures involves what 4 major events?

Answer: 1- A hematoma forms

2- A fibrocartilage callus forms

3- The bony callus forms

4- Bone remodeling occurs

Question 2: This alignment variation increases curving of the spine outward or backward in the sagittal plane. An abnormal backward protrusion of the spine which is commonly called "roundback" and can be caused by a variety of diseases and conditions. Which of the following describes this statement best?

a. Lordosis

b. Scoliosis

c. Kyphosis

Answer: C

Question 3: (True or False) Annulus fibrosus is a an inner soft, pulpy, highly elastic structure (gelatinous core).

Answer: False, it is an outer fibrous ring consisting of fibrocartilage

Question 4: What are some of the factors that can effect Posture?

Answer: - strength

- flexibility

- joint ROM

- age-related factors

- gender

- genetics

Question 5: Why are greenstick fractures more common in children?

Answer: Because a child's bones are much more flexible than adult bone.

Women and men's health

Question 1: Name the 6 components of health.

Answer: • Physical health

• Psychological health

• Social health

• Intellectual health

• Spiritual health

• Environmental health

Question 2: Which of the following is used for producing high-quality images of soft tissues, and distinguishes body tissues based on relative water content?

a) MRI

b) Ultrasound

c) PET

d) CT or CAT

Answer: A

Question 3: (True or False) Malignant tumors are masses of cancer cells that invade body tissues and interfere with the normal functioning of tissues and organs.

Answer: True

Question 4: Out of the 3 forms of skin cancer which is the most serious and life threatening?

a) Basal cell carcinoma

b) Malignant carcinoma

c) Squamous cell carcinoma

Answer: B

Question 5: List the 7 warning signs of cancer.

Answer: Change in bowel or bladder habits

A sore that does not heal

Unusual bleeding or discharge

Thickening or lump in breast or elsewhere

Indigestion or difficulty swallowing

Obvious change in a wart or mole
Nagging cough or hoarseness

Mind-body communications

Question 1: The mind affects health and well-being because the mind and body make up a single, unified organism. (True or False)

Answer: True

Question 2: A group of nerves that regulate many of the body's physiological processes, such as heart rate, blood pressure, GI activity, sweating, and elimination is known as ____.

Answer: ANS (The autonomic nervous system)

Question 3: Roughly how many minutes of quiet time should you employ to counteract ANS-mediated arousal?

Answer: 20-30 minutes

Question 4: What are some of the methods used to produce the relaxation response?

Answer: Mantra meditation, Progressive muscle relaxation, Guided imagery.

Question 5: Somatization disorders are easy to treat, not very time-consuming for physicians to diagnose, and inexpensive for the health care system. The chief complaint is pain for short duration in several parts of the body. (True or False)

Answer: False, it is difficult to treat, time consuming and expensive with complaints of pain for long durations.

STRESS

Question 1: What are the 3 stages that make up the general adaptation syndrome?

Answer: (1) the alarm reaction

(2) the stage of resistance or adaptation

(3) the stage of exhaustion

Question 2: Stress can occur at any age. Including infancy. (True or False)

Answer: True

Question 3: List 3 out of the 8 ways people can use to manage stress.

Answer: specific drugs, counseling, relaxation techniques.

Question 4: Stressors are always injurious, unpleasant, or painful stimuli (True or False)

Answer: False, they are not always unpleasant.

Question 5: What are some of the indicators of stress?

Answer: an increase in the rate and force of heartbeat, a rise in systolic blood pressure, an increase in blood and urine concentration of epinephrine and norepinephrine, sweating of the palms of the hands, dilation of pupils.

1: The digestive system

1 : Does the term gastrointestinal (GI) tract refers to the stomach and intestines. Yes/No

Answer : Yes

2 : Name three organs of the digestive system.

Answer : Pharynx, Rectum, Liver

3 : What mouth is also called?

Answer : Oral Cavity

4 : The small intestine has 5 divisions. True / False

Answer : False. It has 3 divisions

5 : What are the two disorders of the stomach?

Answer : Cancer, Ulcers

Classe 2:

1 : Name 3 of the 7 dimensions of health.

Physical, environmental, career, intellectual, spiritual, emotional, social

2: What is pathology?

a) a component of health

b) study of biological causes, effects and processes of disease

c) Overall condition of body organ system

3: The clinical presentation is the overall picture of signs, symptoms and medical history?

True/false

Answer: true

4: The diagnosis is a laboratory proven with studies for clarification? True/False

Answer: False, this is differential diagnosis, Diagnosis is only what the doctor thinks is the problem.

5: Intellectual, Spiritual and environment are components of health? True/False

Answer: True

Classe 3: Men and women Health

1 : Name the six components of health.

Answer : Physical health, Psychological health, Social health, Intellectual health, Spiritual Health and Environmental health.

2 : What is Etiology?

Answer : The mechanisms of disease.

3 : Name two examples of interventions on the primary stage of disease prevention.

Answer : Educational programs and nutrition.

4 : Which type of cancer is not prevalent in young adults?

A) Testicular cancer

B) Prostate cancer

C) Breast cancer

Answer : B

5 : What is Leukemia?

Answer : It is a cancer of the blood and related cells.

Classe 4:

1: Do attitudes play an important role in promoting health and recovering from illness. Yes/ No

Answer: Yes

2: Name 2 things that Contribute to mind-body disharmony, Increase risks of illnesses and impede healing.

Answer: Fear, Anxiety, Stress, Depression

3: Which one of the following is not a method that can produce the relaxation response

- a) Mantra meditation
- b) The autogenic training
- c) Progressive muscle relaxation
- d) Guided imagery

Answer: b

4: What is the placebo effect?

Answer: The placebo effect is the lessening of symptoms or curing of disease by believing in the healing powers of a make-believe medicine or “sugar pill”.

5: Name 2 ways to focus the mind to promote health, prevent disease, and foster healing in times of illness.

Answer: Biofeedback, Relaxation, Hypnosis, guided imagery, autogenic training, meditation

Class 5: Stress

1 : What are the three stages of the General Adaptation Syndrome?

Answer : Alarm, Resistance and Exhaustion

2 : An increase in the rate and force of heartbeat is an indicator of stress. True / False

Answer : True

3 : Which of the following is an effect of intrauterine stress?

- A) Running
- B) Meditating
- C) Smoking

Answer C

4 : Is the concept of stress an accidental discovery? Yes/ No

Answer: Yes

5 : Name 2 of the 5 generalizations about the character of stressors.

- Stressors are extreme stimuli—too much or too little of almost anything. The perception of the individual is critical.
- Stressors very often are injurious, unpleasant, or painful stimuli—but not always.
- Anything that an individual perceives as a threat, whether real or imagined, arouses fear or anxiety.

- The reaction to stressors differs in different individuals and in one individual at different times.
- Stress can occur even in a developing fetus and is called prenatal stress. In many instances prenatal stress will result from a physical or nutritional stressor experienced by the mother.

Week 1 (Feb 23 – Mar 1)

- What is the mouth also referred as?
- What is the largest gland in the body?
- What are the 2 disorders of the stomach?
- Name two types of peptic ulcers.
- Which gland in the body detoxifies various substances?

Week 2 (Mar 2 – Mar 8)

- Can proper posture actually prevent back problems?
- Is it more likely for people who are overweight to experience back problems?
- Name at least three factors that determine a person's posture result.
- Where, in the spine, can a herniated disc occur?
- Describe rickets.

Week 3 (Mar 9 – Mar 15)

- Most cancers popularly occur for people after what age?
- Define pathology.
- Differentiation in cells is a sign of what disease?
- What is leukemia?
- Is it true that exposure to the sun leads to the most common cancer of the skin?

Week 4 (Mar 16 – Mar 22)

- Can the mind really affect a person physiological state?
- This power is referred to as what?
- Humor tends to decrease what feelings for people?
- Can a relaxed, joyful and creative person experience negative health problems?
- How can a person counteract ANS?

Week 5 (Mar 23 – Mar 29)

- Between adults and children, who experiences more stress?
- Define stress.
- Define the term stressor.
- The term *G.A.S* is defined as what?
- Stress is an invisible entity, how then can we know it exists?

Digestive system:

- 1) In order, what organs do food chewed in the mouth go through before exiting the body?
- 2) Where is the liver located on the body?
- 3) What are the two types of ulcers and how are they different?
- 4) Why is most important role of the pancreas?
- 5) What is the main cause of GERD?

Answers: 1) Mouth, esophagus, stomach, small intestine, large intestine, rectum
2) On the right part of the abdominal region.
3) The two types of ulcers are gastric and duodenal. Gastric ulcers are sores in the lining of the stomach. Duodenal ulcers are those in the first part of the small intestine, called the duodenum.
4) The pancreas secretes digestive enzymes in different forms to break down different types of macromolecules in food digestion.
5) The main cause for GERD is when the lower esophageal sphincter (LES) that normally keeps acid in the stomach, isn't functioning properly.

Problems and diseases of the skeletal system:

- 1) How does the disease rickets occur and what type of people are most likely to get it?
- 2) What type of bone fracture occurs when the bone shatters into a bunch of pieces?
- 3) What is the difference between a protrusion and a herniated disc?
- 4) How is a subluxation different from a dislocation?
- 5) What is osteoporosis and how can it be prevented?

Answers: 1) Rickets is a disease of children in which the bones fail to calcify. Rickets is usually due to a lack of calcium in the diet or lack of vitamin D, which is needed to absorb calcium into the bloodstream.
2) This type bone fracture is a comminuted one.
3) A protrusion is when the nucleus in an intervertebral disc (jelly) is getting pushed outwards but hasn't torn through all the layers. A herniated disc is when the nucleus gets pushed through all the layers.
4) Subluxation is simply a partial or incomplete dislocation.
5) Osteoporosis is a bone-thinning disease in which the ratio of bone formation to bone breakdown gets out of proportion. The best way to prevent this disease is to remain active.

1. Stressors are always injurious, unpleasant or painful. True or False?

False

2. _____ stress is what a developing fetus experiences as a result from a physical or nutritional stressor from the mother

Prenatal

3. State the 3 stages of the general adaptation syndrome

1. the alarm reaction
2. the stage of resistance or adaptation
3. the stage of relaxation

4. The hypothalamus increases the release of ___ while the anterior pituitary gland secretes increased amounts of ____.

CRH, ACTH

5. Circle the right answer: Smoking increases/decreases levels of adrenocorticoids in the blood.
increases

DIGESTIVE SYSTEM

1. The tube that goes all the way through the ventral cavities of the body is the alimentary canal.

- a. True
- b. False

2. The small intestine is a tube measuring about 6 meters in length.

- a. True
- b. False

3. The liver is the largest gland in the body.

- a. True
- b. False

4. Which of the following does the liver store?

- a. Iron
- b. Vitamin D
- c. Vitamin B12

D. All of the above

5. The liver occupies most of the left part of the abdominal region.

- a. True
- b. False**

DISEASES OF THE SKELETAL SYSTEM AND POSTURE & BACK CARE

1. Which of the following are examples of skeletal problems or diseases?

- a. Fracture
- b. Joint problems
- c. Osteoporosis
- d. All of the above**

2. Rickets are quite common in North America.

- a. True
- b. False**

3. The healing time for a simple fracture is typically 6-8 weeks.

- a. True**
- b. False

4. Which of the following is NOT a type of fracture?

- a. Transverse
- b. Oblique
- c. Impacted
- d. Bluestick**

5. Lower back pain may be caused by which muscles?

- a. Abdominals
- b. Hamstrings
- c. Hip flexors
- d. All of the above**

WOMENS AND MENS HEALTH

1. Which of the following are components of health?

- a. Physical
- b. Social
- c. Psychological
- d. All of the above**

2. MRI stands for Magnetic resonance imaging.

- a. **True**
- b. False

3. Cancer causes the most deaths in the world.

- a. True
- b. **False**

4. The only cancers that are NOT prevalent in young adults are:

- a. **Prostate**
- b. Testicular
- c. Cervical
- d. Breast

5. Which of the following are signs of cancer?

- a. A sore that does not heal
- b. Thickening or lump in breast or elsewhere
- c. Obvious change in a wart or mole
- d. **All of the above**

Mind & Body Wellness

1. Psychosomatic illness is caused by:

- A) Anxiety
- B) Stress
- C) Depression
- D) **All of the Above**

2. The power of the mind can create wellness

- A) **True**
- B) False

3. Somatization Disorder can be explained by any medical condition or injury:

- A) True
- B) **False**

4. The Autonomic Nervous System is centered in.:

- A) The Heart
- B) The Eyes
- C) The Brain
- D) All of the Above

5. Which of these is a technique to lessen your ANS arousal?

- A) Sleeping
- B) Hypnosis
- C) Physical Exercise
- D) Eating a Sandwich

Stress

1. People with severe stress will often be overwhelmed by:

- A) Tension
- B) Joy
- C) Fear
- D) Answers A/B
- E) Answers A/C

2. Dilation of the pupils is a sign of a stressor:

- A) True
- B) False

3. Which is a tip to manage stress:

- A) Alcohol
- B) Massage
- C) Eating
- D) None of the Above

4. Corticotropin-releasing hormone (CRH) is released by:

- A) The Liver

- B) The Pancreas
- C) The Hypothalamus
- D) The Cerebral Cortex

5. Epinephrine is secreted by the Adrenal Gland during Fight or Flight:

- A) True
- B) False

The Digestive System

- The small intestine is divided into how many parts? Three
- The colon is part of the small intestine? False, it is part of the large intestine.
- The teeth are the organs of digestion, true or false? False, they are the organs of mastication.
- The liver is located mostly in the right part of the abdominal region? True
- What is the main symptom of GERD? Heartburn

Diseases and the skeletal system

- Rickets affect adults or children? Children
- A lateral curving of the spine happens in Lordosis or Scoliosis? Scoliosis
- What are Intervertebral discs composed of? Of the Nucleus pulposus and the Annulus fibrosus.
- Is keeping your legs fully straight when standing a good posture? No, the knees must be slightly bended.
- The amount of water content in the intervertebral disc of a young person is lower or higher than an adult's? Higher

Men and women's health

- What is the definition of Pathology ? The study of the biological causes, effects, and processes of disease.
- The X-ray is best used for what? For visualizing bones and abnormal dense structures.
- MRI stands for Magnetic Resonance Imaging, True or False? True
- Cancer is the first killer in Canada? False, it is the second biggest killer.
- Cardiovascular disease is the first biggest killer in Canada, True or False? True

Mind-body communications Maintain wellness

- The mind affects your health and well-being, True or False? True
- The ANS's activities normally operate with conscious control, True or False? False, it operates without conscious control.
- There are ways to counteract ANS-mediated arousal, True or False? True

- Besides the ANS, via which system the mind can affect physiology? Via the endocrine (hormone) system.
- What can have a positive effect on health by increasing comfort levels and decreasing stress and anxiety? Humor

Stress

- Stress only affects a certain age group, True or False? False, it affects all age groups.
- What is the name of the syndrome or group of changes that make the presence of stress in the body known? General Adaptation Syndrome (GAS)
- What are the agents that produce stress called? Stressors
- What is a psychological stressor? Anything that an individual perceives as a threat, a threat to survival or to self-image.
- Stress from a mother can affect her fetus, True or False? True

Skeletal System:

1. Which disease is most commonly found in children?
a) Fractures **b) Rickets** c) Osteoporosis d) Hernia
2. An incomplete fracture also looks like a _____.
a) Transverse b) Oblique c) Spiral **d) Greenstick**
3. The repair of bone fractures involves 4 major events. Put them in order.
3. The bony callus forms
1. A hematoma forms
4. Bone remodeling occurs
2. A fibrocartilage callus forms
4. _____ is increased curving of the spine inward or forward at the sagittal plane, caused by tightness of the frontal muscles that pull on the pelvis.
a) Lordosis b) Scoliosis c) Kyphosis d) Pulpopsis
5. You can have a herniated disc anywhere in the spine, from the neck to the low back
True or False

Digestive System/Eating Disorders

1. The main organs of the digestive system that form a tube is called the gastrointestinal (GI) tract.
True or **False**

2. What is the function of the gallbladder?
a) Stores, contracts, and ejects bile b) Secretes digestive enzymes c) Produces important plasma proteins
3. What is the main symptom of GERD?
a) Headaches b) Diarrhea c) Joint pain **d) Heartburn**
4. A peptic ulcer is an erosion or sore in the lining of the stomach or intestine
True or False
5. There are 6 mechanisms which make nutrients available to each cell of the body. Put them in order.
 1. Ingest
 3. Absorb
 4. Transport
 2. Digest
 5. Utilize
 6. Excrete

Men/Women's Health

1- Which one of these is the leading cause of death in Canada and in the United States:

- a- Accidents
- b- Malignant neoplasms
- c- Diseases of heart (answer)
- d- Cerebrovascular diseases

2- The Holistic concept consist of ____ dimension of health:

- a- 5
- b- 8
- c- 6
- d- 7 (answer)

3- Which of these medical imaging system is used for determine the age of a developing fetus?

- MRI
- X-Ray
- Sonography (answer)
- PET

4- Which of these factor does not influence premature death or longevity?

- Lifestyle
- Environment
- Heredity
- Eating Habits (answer)

5- True or False? Diagnosis refers to the specific injury, illness, disease or condition a patient has, as determined by medical examination (TRUE)

Wellness

- 1) Is practicing religion the only form of spiritual wellness?
 - True or False: answer False

- 2) Is a stressor always a negative form of stress?
 - True or False: answer False

- 3) What are the 3 stages of the general adaptation syndrome in proper order?
 - a) Alarm reaction, the stage of resistance or adaptation, the stage of exhaustion - answer
 - b) Alert, fight, quit
 - c) Listen, react, nap
 - d) Adapt, relax, resist

- 4) What is the "placebo effect"?
 - a) An act on the body which brings psychological changes
 - b) An act on the mind which brings physiological changes - answer
 - c) An act on the digestive system to make you lose weight
 - d) An act on the muscular system enhancing nervous system response

- 5) The group of nerves that regulate much of the body's physiological processes is called what?
 - a) The sympathetic nervous system
 - b) The parasympathetic nervous system
 - c) The autonomic nervous system - answer
 - d) The somatic nervous system

Digestive system/Eating disorders

- 1) Gastrointestinal tract refers to: **Answer d)**
 - a) Stomach and intestines
 - b) Esophagus and stomach
 - c) Alimentary tract
 - d) a) and c)
 - e) b) and c)

- 2) Which statement is false? **Answer b)**
- a) The mouth is also called *oral cavity*.
 - b) The esophagus lies anterior to the trachea and heart.
 - c) The rounded mass of food from deglutition is called a *bolus*.
 - d) Stomach secretes gastric juices.
 - e) Th esophagus is a muscular tube.

- 3) What are the 3 divisions of the small intestine? **Answer e)**
- a) Duodenum, Jejunum, Cecum
 - b) Duodenum, Cecum, Jejunum
 - c) Jejunum, Ileum, Cecum
 - d) Jejunum, Duodenum, Ileum
 - e) Duodenum, Jejunum, Ileum

- 4) Which one is/are symptom(s) of gastric diseases? **Answer e)**
- a) Anorexia
 - b) Gastritis
 - c) Emesis
 - d) Nausea
 - e) All of the above

5) Truth or false. Nutrition refers to the foods that we eat and the nutrients they contain.

Answer a)

- a) Truth
- b) False

Diseases of the skeletal system/Posture and back care

- 1) The repair of bone fractures involves 4 major events: What is the right order? **Answer c)**
- 1.A hematoma forms
 - 2.Bone remodelling occurs
 - 3.The bony callus forms
 - 4.A fibrocartilage callus forms

- a) 2-3-4-1
- b) 1-3-2-4
- c) 1-4-3-2
- d) 4-1-3-2
- e) 4-3-1-2

- 2) What is the % of water content in a disc of spinal cord? **Answer b)**
- a) 60%
 - b) 70%
 - c) 80%
 - d) 90%
 - e) 100%

- 3) Which one is not a joint problem? **Answer a)**
- a) Scoliosis
 - b) Bursitis

- c) Sprain
- d) Subluxation
- e) Dislocation

4) Which ones are low back pain causes? **Answer e)**

- a) Overweight
- b) Weak abdominal and back muscles
- c) Inadequate flexibility
- d) None of the above
- e) All of the above (except d))

5) Truth of false. Arthritis is the most widespread, crippling disease in North America. **Answer a)**

- a) Truth
- b) False

Women and men's health

1) Which one is not part of the holistic concept? **Answer b)**

- a) Social health
- b) Religious health
- c) Environmental health
- d) Physical health
- e) Psychological health

2) Truth of false. Pain can be caused mechanically, chemically and perceptually. **Answer a)**

- a) Truth
- b) False

3) Which one is not an medical imaging? **Answer e)**

- a) MRI
- b) Ultrasound
- c) X-RAY
- d) PET
- e) None

4) What is the average age at which cancers arise the most? **Answer c)**

- a) 35
- b) 45
- c) 50
- d) 60
- e) 65

5) What is the name for cancers of the blood and related cells? **Answer a)**

- a) Leukemias
- b) Lymphomas
- c) Sarcomas
- d) Encoders

- e) Carcinomas

Mind-body communications/Maintain wellness

- 1) Which one is not a response due to relaxation? **Answer d)**
 - a) Decreased in respiratory rate
 - b) Decreased in muscle tension
 - c) Decreased in heart rate
 - d) Decreased in energy rate
 - e) Decreased in blood pressure

- 2) Truth or false. The autonomic nervous system has 3 components: sympathetic, parasympathetic and neutral. **Answer b)**
 - a) Truth
 - b) False

- 3) Which one is not a way to promote health and prevent disease? **Answer b)**
 - a) Biofeedback
 - b) Smoking
 - c) Guided imagery
 - d) Hypnosis
 - e) Meditation

- 4) Which systems are part of the mind-body communications? **Answer e)**
 - a) Endocrine system
 - b) Immune system
 - c) Nervous system
 - d) c) only
 - e) All of the above (except d))

- 5) Truth or false. The placebo pill is the one containing medication. **Answer b)**
 - a) Truth
 - b) False

Stress and psychology

- 1) Which one is not part of disease or condition of skin due to stress? **Answer c)**
 - a) Eczema
 - b) Acne
 - c) Skin cancer
 - d) Neurodermatitis
 - e) None

- 2) Which statement is false? **Answer c)**
 - a) Stress can occur in a developing fetus (prenatal stress).
 - b) Stressors are extreme stimuli.
 - c) The perception of the individual is not important.
 - d) Stressors can be injurious and unpleasant (but not always)

e) None

3) What organ stimulates the sympathetic nervous system under stress? **Answer a)**

- a) Hypothalamus
- b) Anterior pituitary gland
- c) Spleen
- d) Brain
- e) Stomach

4) Which one is not an indicator of stress? **Answer e)**

- a) Dilation of pupils
- b) Sweating of the palms of the hands
- c) Rise in systolic blood pressure
- d) Increase in the rate and force of heartbeat
- e) None the above

5) In which age group there is a high risk for stress-related illness? **Answer d)**

- a) Infancy
- b) Early childhood
- c) Adult
- d) Elderly people
- e) Dead people

STRESS AND PSYCHOLOGY

1. TRUE OR FALSE. Does long term exposure to stress cause homeostasis disruption in numerous

Physiological control systems in the body

Answer : True

2. Multiple choice. Which of the following is not a reaction related to stress

- A. sweating of the palms of the hands
- B. Reduction in the size of pupils
- C. An increase in the rate and force of heartbeat
- D. A rise in systolic blood pressure

Answer. B

3. Fill in the blanks. Psychological Stress

Stress as defined by Selye is physiological stress, that is _____,. Psychological stress in contrast, might be defined as _____.

A. a state of the body, a state of the mind

B. a state of the mind, a state of the body

Answer. A

4. True or false. A psychological stressor is anything that an individual perceives as a threat—a threat to survival or to self-image

Answer. True

5. Multiple choices. Which of the following is not a way to manage stress?

- A. positive imagery
- B. Meditation
- C. specific drugs
- D. smoking

Answer D

Men's and Women's Health

1. What are the 6 dimensions of wellness?

Answer: emotional, physical, intellectual, environmental, social and spiritual.

2. What is the concept that involves all aspects of an individual?

- a) The health concept
- b) The holistic concept
- c) The wellness concept
- d) The optimal concept

Answer: B

3. What is the difference between a sign and a symptom?

Answer:

A sign is an observable indication of pathology observed during a medical examination by the physician.

A symptom is an abnormal function, appearance or sensation observed by the patient.

4. A cause of pain that can be more painful for some than others is _____

- a) Chemical
- b) Perceptual
- c) Mechanical
- d) Genetic

Answer: B

5. A high quality image of the body's soft tissue would come from _____

- a) MRI
- b) X-Ray
- c) PET

- d) CAT
Answer: A

Mind-Body Communications

Which leads to a state of mind-body harmony bodily health and subjective well-being?

- A) Creativity
- B) Contentment
- C) Fear
- D) Joy

What methods does not produce the relaxation response?

- A) Aerobic exercise
- B) Mantra meditation
- C) Progressive muscle relaxation
- D) Guided imagery

Through what systems does the mind and body communicate?

- A) Nervous
- B) Endocrine
- C) Immune
- D) All of the above

What is the Placebo Effect?

- A) The body reacting to allergies
- B) Believing in the healing powers of a make-believe medicine
- C) Effects on the body from exercise
- D) Energy Drinks affects

Which of these do not produce hormones?

- A) Thyroid
- B) Pancreas
- C) Stomach
- D) Testies

Answer Key

- 1)C
- 2)A
- 3)D
- 4)B
- 5)C

DIGESTIVE SYSTEM

Name 5 accessory organs to the digestive system:

1. Salivary Glands
2. Tongue
3. Liver
4. Gallbladder
5. Pancreas

What does GERD stand for?

- A. Gastroesophageal reflux disease
- B. Gastric reflux disorder
- C. Gastrointestinal reflux disease
- D. Gastric reflex disease
- E. Gastroesophageal reflex disorder

Answer: A

Which of the following is not a disorder of the pancreas?

- A. Pancreatitis
- B. Cancer
- C. Ulcers
- D. Cystic fibrosis

Answer: C

Put the following in order: what happens first once food is eaten, and what happens last?

- A. Body Transports
- B. Body Utilizes
- C. Body Ingests
- D. Body Digests
- E. Body Excretes food substances
- F. Body Absorbs

Answer: C,D,F,A,B,E

Which of the following is not part of the gastrointestinal tract?

- A. Esophagus
- B. Stomach
- C. Pancreas
- D. Spleen
- E. Intestine

Answer: D

SKELETAL SYSTEM

Give a brief description of how a physical or sedentary lifestyle affects bone structure.

Answer: The more exercise a person does, the stronger his bones will be. The more sedentary a person is, the more his bones will be brittle and prone to injuries.

Which of the following bones in the body is not at post-menopausal risk in women?

- A. Wrist
- B. Knee
- C. Spine
- D. Hip

Answer: B.

True or False? The following are all components of good posture.

- A. Forward head
- B. Forward and rounded shoulders
- C. Hyper-extended lower back
- D. Hyper-extended knees

Answer: FALSE. All are components of POOR posture

You are taller in the morning than in the evening; why is that?

Answer: The force of gravity pushes discs together (compresses) and reduces the amount of water in the discs. As you sleep, this water “refills” itself, giving you an extra couple of inches when you wake up in the morning.

Which of the following is not a joint problem?

- A. Bursitis
- B. Sprain
- C. Scoliosis
- D. Dislocation
- E. Subluxation

Answer: C

Digestive system

1. The GI tract refers to:
 - a. The heart and its system
 - b. The skeletal system
 - c. The digestion organs
 - d. a tractor used by the military
2. which one is NOT an accessory organ
 - a. teeth
 - b. tongue
 - c. liver
 - d. rectum

Answer: C

Answer: D

3. Cancer and ulcers are both disorders of the stomach
 - a. True
 - b. FalseAnswer: A
4. Which one IS a disorder of the liver and gallbladder
 - a. Pancreatitis
 - b. Cirrhosis
 - c. Cystic Fibrosis
 - d. CancerAnswer: B
5. Diarrhea is NOT a disorder of the large intestine
 - a. True
 - b. FalseAnswer: B

Problems and diseases of the skeletal system

1. Rickets is a disease:
 - a. Of adults when bones become brittle
 - b. Of children when the bones fail to calcify
 - c. a bone fracture that's so bad the bone become "rickety"Answer: B
2. an oblique fracture is when;
 - a. the bone broke straight across
 - b. the bone developed a thin crack along the length of the bone
 - c. the bone splintered out on one side of the break
 - d. the bone broke on a diagonal pathanswer: D
3. how many vertebra do you have in your cervical region of the spine
 - a. 8
 - b. 5
 - c. 12
 - d. 7Answer: D
4. Kyphosis is the:
 - a. Increased curving of the spine inward or forward
 - b. Increased curving of the spine outward or backward
 - c. Lateral curving of the spineAnswer: B
5. Scoliosis
 - a. Increased curving of the spine inward or forward
 - b. Increased curving of the spine outward or backward
 - c. Lateral curving of the spine

Answer: C

Men and Women's health

1. Pathology is:
 - a. the mechanisms of disease
 - b. the underlying cause of a disease or the development of a disease
 - c. the study of the biological causes, effects, and processes of diseaseanswer: C
2. an MRI
 - a. Produces high-quality images of soft tissues
 - b. Forms images by detecting radioactive isotopes injected into the body
 - c. takes successive X rays around a person's full circumferenceanswer: A
3. spiritual and environmental are both components of health
 - a. true
 - b. falseanswer: A
4. Malignant tumors:
 - a. a small piece of tissue that is taken from a growth so that the cells can be studied and a diagnosis confirmed
 - b. encapsulated masses of abnormal cells that remain in one location and do not invade surrounding tissues
 - c. masses of cancer cells that invade body tissues and interfere with the normal functioning of tissues and organs
 - d. cancers of the lymphatic systemanswer: C
5. Basal cell carcinoma is the least common form of skin cancer
 - a. True
 - b. FalseAnswer: B

Mind-body communications Maintain wellness

1. The relation response increases fatigue
 - a. True
 - b. FalseAnswer: B
2. A placebo is
 - a. A highly potent drug
 - b. A fake drug (sugar pill)
 - c. Part of the birthing processAnswer: B
3. Meditation and hypnosis are terrible ways to focus the mind in order to promote health
 - a. True

b. False

Answer: B

4. The relation response increases is

a. Laying on the couch

b. Being lazy

c. A mentally active process that leaves the body relaxed

d. Sleeping

Answer: C

5. Autogenic training

a. Is learning how to sing along to the words

b. How to tune instruments

c. A relaxation technique to establish a balance between the mind and body through changes in the ANS

d. Done of the above

Answer: C

Stress

1. What is NOT a stage of General Adaptation Syndrome

a. the alarm reaction

b. exhaustion

c. an increase in the rate and force of heartbeat

d. the resistance or adaptation

answer: C

2. A stressor is

a. Something that makes you at ease

b. Something counteracts stress

c. any agent or stimulus that produces stress.

d. None of the above

Answer: C

3. Which is NOT an indicator or stress

a. an increase in the rate and force of heartbeat

b. dilation of pupils

c. sweating of the palms of the hands

d. hearing loss

answer: D

4. you can experience stress even as a baby

a. true

b. false

answer: A

5. the effects of Intrauterine stress on the baby are NOT related to

- a. body composition
 - b. growth rates
 - c. age at maturity
 - d. if they can get into a good pre school
- answer D

Digestive system:

1. The stomach and the intestines make up the?
 - a) **Gastrointestinal tract**
 - b) Grastrosomatic tract
 - c) Stomacintestinal tract
 - d) Intestinalstomatic tract

2. Which organ churns food?
 - a) Esophagus
 - b) Small intestine
 - c) Large intestine
 - d) **Stomach**

3. The small intestine is comprised of what?
 - a) Ascending colon, duodenum, ileum
 - b) **Duodenum, jejunum, ileum**
 - c) Cecum, jejunum, ileum
 - d) Ascending colon, transverse colon, sigmoid colon

4. What is the largest gland in the body?
 - a) pancreas
 - b) olfactory glands
 - c) **liver**
 - d) salivary glands

5. What occurs when your immune system reacts to a certain food as though it were harmful and something to be fought off?
 - a) Food sensitivity
 - b) **Food allergy**
 - c) Food intolerance
 - d) Food homeostasis

Problems and diseases of the skeletal system:

1. A lack of vitamin D causes what?
 - a) **Rickets**
 - b) Arthritis
 - c) Osteoporosis

d) Hernia

2. When the bone breaks and the fragments are driven into each other is known as what type of fracture?
 - a) Transvers
 - b) Oblique
 - c) Avulsion
 - d) Impacted**

3. Increased curving of the spine outwards or backwards in the sagittal plane is known as?
 - a) Lordosis
 - b) Scoliosis
 - c) Kyphosis**
 - d) Polyposis

4. When the nucleus is getting pushed outwards but hasn't torn through all the layers is known as a?
 - a) Prolapsed disc
 - b) Ruptured disc
 - c) Protrusion**
 - d) Herniated disc

5. Estrogen deficiency is strongly implicated as a cause of what?
 - a) Gouty arthritis
 - b) Osteoporosis**
 - c) Bursitis
 - d) Rheumatoid arthritis

Men and women's health:

1. Cancer of the blood is?
 - a) Leukemia**
 - b) Lymphoma
 - c) Leprosy
 - d) Legionellosis

2. Type of tumor that invades body tissues and interferes with the normal functioning of tissues and organs is?
 - a) Benign
 - b) Malignant**
 - c) Carcinogenic
 - d) Mutations

3. Sarcomas are known as cancer that arises from?

- a) lymphatic system
 - b) endocrine
 - c) connective and muscle tissue**
 - d) epithelial tissues
4. Best way to reduce risk of melanoma and other skin cancers is?
- a) Stay out of the sun from 10am-4pm when the sun is the strongest
 - b) Wear SPF of 15 or higher
 - c) Wear wide-brimmed hats and clothing that covers as much skin as possible
 - d) All of the above**
5. Cancer's seven warning signs are known as which acronym?
- a) CAUTION**
 - b) PRESENT
 - c) NATURAL
 - d) WARNING

Mind-body communications Maintain wellness

1. What type of thoughts about yourself and others contribute to vitality?
- a) negative
 - b) positive**
 - c) neutral
 - d) your thoughts don't affect your vitality
2. Which of the following contribute to disharmony?
- a) Fear, joy, anxiety, depression
 - b) Fear, anxiety, stress, depression**
 - c) Joy, creativity, contentment
 - d) Anxiety, creativity, contentment, joy
3. A group of nerves that regulate many of the body's physiological processes is the?
- a) ANS**
 - b) CNS
 - c) FNS
 - d) PNS
4. Occurrence of physical symptoms without presence medically of detectable injury or disease refers to which disorder?
- a) Psychosomatic
 - b) Physiological
 - c) Somatic**
 - d) Psychological

5. Effect that is lessening of symptoms or curing of diseases by believing in the healing powers of a make-believe medicine or sugar pill is known as?
- a) Placeman effect
 - b) Playmaker effect
 - c) Placement effect
 - d) Placebo effect**

Stress:

1. Stress affects:
- a) Only adults
 - b) Only teenagers
 - c) Only babies
 - d) People of all ages**
2. People affected by stress experience?
- a) Tension, anger, fear, frustration**
 - b) Tension, joy, happiness, comfort
 - c) Anger, fear, anxiety, happiness
 - d) Tension, anger, content, sadness
3. During the alarm stage of stress our bodies:
- a) Decreased the secretion of glucocorticoids
 - b) Increase the secretion of glucocorticoids**
 - c) The level of glucocorticoids remains the same
 - d) Glucocorticoids are not involved in the alarm stage
4. Stress is any stimulus that directly or indirectly stimulates neurons of the hypothalamus to release what?
- a) CRH**
 - b) ADH
 - c) HGH
 - d) FSH
5. A person is responding to a stress stimuli when?
- a) They have sweaty hands
 - b) They an increase in the systolic blood pressure
 - c) They have dilated pupils
 - d) All of the above**

What does IBS stand for?

- a. Integrated Biomedical Sciences

- b. Intestinal Bloating Signs
- c. Irritable Bowel Syndrome
- d. Institute of Bioscience

Answer: C

Which of the following is not necessarily known to trigger IBS ?

- a. Exercise
- b. Eating
- c. Emotional Stress
- d. Stress

Answer: A

Health Canada has identified how many food allergens?

- a. 2
- b. 5
- c. 9
- d. 12

Answer: C

Food intolerance is a bad reaction to food in which the problem often lies in the _____?

- a. Gastrointestinal system
- b. Immune system
- c. Endocrine system
- d. Nervous system

Answer: A

Which is not considered a common sign/symptom of anorexia?

- a. Drastic weight loss from dieting
- b. Over exercising
- b. Habitual Eating Habits
- c. Very thin/body appearance to support body needs

Answer: B

Lecture Notes: p. 75-86

The repair of bone fractures involved how many major events?

- a. 2
- b. 4
- c. 6
- d. 7

Answer: B

Increased curving of the spine inward or forward in the sagittal plane is called ?

- a. Scoliosis
- b. Lordosis

- c. Kyphosis
 - d. Apoptosis
- Answer: B

True or False? The nucleus pulpous and annulus fibrosis are both outer fibrous rings consisting of fibrocartilage ?

Answer: False

Which is not considered an initial symptom of arthritis ?

- a. Pain
- b. Vomiting
- c. Stiffness
- d. Stiffness of joints

Answer: B

Rickets is usually due to a lack of _____?

- a. Exercise
- b. Calcium/Vitamin D
- b. Protein
- c. Sleep

Answer: B

Lecture Notes: p. 87-96

The holistic concept involves?

- a. Spiritual health
- b. Social health
- c. Environmental health
- d. All of the Above

Answer: D

Etiology is the _____ ?

- a. underlying cause of a disease
- b. study of the processes of disease
- c. mechanisms of disease
- d. study of the environment

Answer: C

True or False? Cancer is a single disease.

Answer: False

Leukemia is a cancer of the _____ ?

- a. bones
- b. brain

- c. blood
- d. breast

A cancer-causing substance is called _____ ?

- a. Carcinoma
- b. Sarcoma
- c. Carcinogen
- d. Lymphoma

Answer: C

Lecture Notes: p. 100-105

What type of pill is typically given as a placebo?

- a. cinnamon
- b. sugar
- c. salt
- d. baking powder

True or False? Many hormones respond to changes in thoughts and feelings.

Answer: True

True or False? Beside the ANS and endocrine system, the mind communicates with the body via the skeletal system.

Answer: False

True or False? The mind has the power to create illness, and this is called a psychophysiological disorder.

Answer: True

True or False? The mind can create wellness.

Answer: True

Lecture Notes: p. 106-114

What is produced by "diverse nocuous agents?"

- a. Gas
- b. Stress
- c. Hunger
- d. All of the above

True or False: A stressor is any agent or stimulus that produces stress.

Answer: True

True or False: A psychological stressor is never real, it's just made a made up stress is your head.

Answer: False

True or False: Stress can cause disease?

Answer: True

Which of the following is not a stage of the general adaptation syndrome?

a. the alarm reaction

b. the stage of resistance or adaptation c. the snooze reaction d. the stage of exhaustion

Stress

1- What is a stressor?

- a) a person who stresses a lot.
- b) Any agent or stimulus that produces stress.
- c) Extreme stimulus
- d) All of the above
- e) b and c only

Answer: E

2- perinatal stress is a result of:

- a) physical or nutritional stressor experienced by the mother
- b) physical or nutritional stressor experienced by the fetus
- c) none of the above
- d) all of the above

Answer: A

3- The order of the three stages that make up the general adaptation syndrome is:

- a) the alarm reaction - the stage of exhaustion- the stage of resistance or adaptation
- b) the stage of exhaustion - the stage of resistance or adaptation - the alarm reaction
- c) the stage of resistance or adaptation - the stage of exhaustion - the alarm reaction
- d) the alarm reaction - the stage of resistance or adaptation - the stage of exhaustion

Answer: D

4- psychological stress relates to physiological stress.

- a) True
- b) False

Answer: A

5- What is NOT an indicator of stress

- a) High concentration of epinephrine in the blood.
- b) Low concentration of norepinephrine in urine
- c) Sweating of the palms
- d) Dilation of pupils

Answer: B

Men and Women's Health

1-is a sense that one is functioning at his or her best level

- a) Good health
- b) Stressor
- c) Wellness
- d) Happiness

Answer: C

2- Pathology is the underlying cause of a disease or developing disease

- a) True
- b) False

Answer: B

3- Mechanical causes of pain are:

- a) perceptual
- b) constant
- c) intermittent
- d) may refer to other locations if nerves are affected

Answer: C

4- different tissues generate different types of pain.

- a) True
- b) False

Answer: A

5- Cancer cells exhibit abnormal:

- a) growth
- b) division
- c) color
- d) a and b
- e) all of the above

Answer: D

The digestive system

1. What are the 2 types of digestion?

Mechanical digestion and Chemical digestion.

2. What is the longest section of the GI tract and how long is it?

Small intestine – 20 ft. or 6 m.

3. Where does digestion of protein mostly take place?

Protein digestion mostly takes place in the stomach. Stomach releases pepsin, a protein that breaks down protein into smaller protein molecules and amino acids.

4. Name 5 risk factors for GERD (Gastroesophageal Reflux Disease).

Age (above 50), being overweight or obese, having excess abdominal fat, pregnancy and smoking.

5. What are key differences between a food allergy and food intolerance?

Food allergy is caused by the immune system that certain foods as harmful or something to be fought off. The immune system creates IgE and along with other proteins, an allergic reaction develops. A small amount of food is enough to invoke an immune response and hence an allergic reaction. Food intolerance does not involve the immune system. It is often a problem in the gastrointestinal system. The individual's GI tract cannot digest or absorb certain foods. Generally, a larger, portion-sized amount of food is required to invoke a food intolerance reaction.

Mind-body communications

1. Name 3 factors that lead to state of mind-body harmony and 3 factors that lead to state of mind-body disharmony.

Harmony – creativity, contentment, and joy

Disharmony – fear, stress, and depression.

2. Which of the following options is **least likely** to lessen ANS arousal?
 - a) Meditation
 - b) Progressive muscle relaxation
 - c) **Exercise**
 - d) Hypnosis

3. What are the 3 ways in which the mind communicates with the body?
The Autonomic Nervous System (ANS), Endocrine system and Immune System

4. What causes psychosomatic illnesses?
Negative mental states and attitudes, such as anxiety, stress, and depression.

5. What is the most accurate definition of health?
 - a) Lack of illness or disease
 - b) **Being sound in mind, body and spirit**
 - c) Being physically fit
 - d) Living a lavish lifestyle

Cancer

1. True or False. Cancer screening or detection methods vary depending on the location of the possible cancer? **True**

2. Visual examinations are used to detect what type of cancer?
 - a) **Oral Cavity**
 - b) Cancer of the cervix
 - c) Colon Cancer
 - d) Stomach Cancer
 - e) All of the above

3. To stage a cancer, they usually use the TNM system first. What does TNM stand for?
T describes the original tumor, N describes whether the cancer has reached nearby lymph nodes, and M describes whether the cancer had metastasized (spread) to distant body parts.

4. What are the principal forms of cancer treatment? **Surgery, Radiation and Chemotherapy**
5. What are some of the newer forms of cancer treatment? **Biomodulation (immunotherapy), photodynamic therapy, antiangiogenesis therapy and bone marrow and peripheral blood stem cell transplants.**

Problems and diseases of the skeletal system

1. A fracture in which the bone breaks cleanly but does not penetrate the skin is a:
 - a) **Closed fracture**
 - b) Transverse fracture
 - c) Greenstick Fracture
 - d) Spiral Fracture
 - e) None of the above

2. The repair of bone fractures involves what 4 major events? **First, a hematoma forms, then a fibrocartilage callus forms, next the bony callus forms and finally the bone remodeling occurs.**

3. True or False. In scoliosis, the spine also bends from side to side? **True**

4. True or False. Osteoarthritis is also called degenerative joint disease? **True**

5. Rheumatoid Arthritis affects:
 - a) **3 times as many women as men**
 - b) 5 times as many women as men
 - c) 10 times as many women as men

The same amount of women as men

THE DIGESTIVE SYSTEM:

- 1) The stomach is located:
 - a) above the diaphragm
 - b) below the diaphragm
 - c) to the left of the diaphragm
 - d) to the right of the diaphragm

Answer: b

- 2) What are the two types of digestion? Give an example of each.

Answer: They are mechanical digestion (ex. chewing) and chemical digestion (ex. secreting enzymes).

- 3) Which of the following is NOT an accessory organ?

- a) teeth
- b) liver
- c) rectum
- d) tongue

Answer: c

- 4) The gallbladder is used to store:

- a) enzymes
- b) poison
- c) water
- d) bile

Answer: d

5) What are the three divisions of the small intestine?

Answer: duodenum, jejunum and ileum.

PROBLEMS AND DISEASES OF THE SKELETAL SYSTEM:

1) Scoliosis is:

- a) lateral curving of the spine
- b) even in severe cases, manageable
- c) always the result of disease
- d) both a and b

Answer: a

2) A herniated disc can only occur in:

- a) the cervical vertebrae
- b) the thoracic vertebrae
- c) the lumbar vertebrae
- d) anywhere in the spine

Answer: d

3) Bursitis is:

- a) a joint problem
- b) the same as a dislocation
- c) inflammation of the bursa or synovial membrane
- d) both a and c

Answer: d

4) Which of the following is NOT a risk factor for osteoporosis?

- a) genetics
- b) hormones
- c) nutrition
- d) all of the above

Answer: d

5) True or false? Posture does not affect back problems.

Answer: false.

MEN AND WOMEN'S HEALTH

1) Which of the following is not a component of health?

- a) psychological health
- b) financial health
- c) intellectual health

d) social health

Answer: b

2) What is a sign? What is a symptom?

Answer: A sign is observable by the clinician while a symptom cannot be observed, and instead is a complaint by the patient.

3) Describe the biomedical model of health and illness.

Answer: this attributes the cause of a disease to abnormal cell, tissue or organ function. This abnormal function can be caused by anatomical or physiological defects or bacteria/viruses.

4) Cancer is:

- a) the first biggest killer
- b) the second biggest killer
- c) the third biggest killer
- d) the fourth biggest killer

Answer: b

5) A carcinogen is:

- a) a damaged gene
- b) a epithelial tissue cancer
- c) a cancer-causing substance
- d) a cancer of the lymphatic system

Answer: c

MIND-BODY COMMUNICATIONS:

1) Which of the following factors contribute to mind-body disharmony?

- a) fear
- b) hypnosis
- c) stress
- d) depression

Answer: b

2) Which of the following systems refers to glands which secrete hormones?

- a) endocrine system
- b) digestive system
- c) respiratory system
- d) cardiovascular system

Answer: a

3) True or false? Humour can have positive effects on health and even increase pain threshold.

Answer: true

4) The placebo effect:

- a) doesn't work
- b) cannot rely on double-blind studies, as subjects don't know what pill they receive

- c) is a lessening of symptoms based solely on religious beliefs
- d) is a lessening of symptoms by believing in healing powers of a make-believe medicine

Answer: d

5) The relaxation response decreases all but which of the following?

- a) respiratory rate
- b) heart rate
- c) rapid eye movement
- d) muscle tension

Answer: c

STRESS AND PSYCHOLOGY:

1) Which of the following is not a part of the stress triad?

- a) shrunken lymphatic organs
- b) heart palpitations
- c) enlarged adrenals
- d) bleeding gastrointestinal ulcers

Answer: b

2) Which of the following stages of general adaptation syndrome are normal and occur daily?

- a) the alarm reaction
- b) the stage of exhaustion
- c) all of the above
- d) none of the above

Answer: a

3) True or false? Physiological stress is never accompanied by some degree of psychological stress.

Answer: false.

4) A psychological stressor:

- a) is a physiological response
- b) affects mostly young individuals
- c) is anything all individuals of a culture perceive as a threat
- d) is anything the individual perceives as a threat

Answer: d

5) List three factors that can help to manage stress.

Answer: counselling, relaxation techniques, meditation, etc.

Topic 1: The Digestive System

1. Cystic fibrosis is a disorder of the _____?
 - a. Gallbladder
 - b. Small intestine
 - c. Pancreas
 - d. Large intestine

2. Symptoms of IBS include all the following EXCEPT?
 - a. Continuous dull ache
 - b. Bloating
 - c. Weight loss
 - d. Abdominal pain and cramps

3. The stomach performs the following functions EXCEPT?
 - a. Secretes intrinsic factor
 - b. Store several substances ex: iron and vitamin A, B12, D
 - c. Produces the hormone gastrin
 - d. Secretes gastric juice

4. The following are the accessory organ of the digestive system EXCEPT?
 - a. Liver
 - b. Teeth
 - c. Mouth
 - d. Tongue

5. The backflow of stomach contents upward into the esophagus stands for _____?
 - a. GERD
 - b. IgE
 - c. IBS
 - d. GI

ANSWERS:

1. C
2. C
3. B
4. C
5. A

Topic 2: Problems and Diseases of the Skeletal System

1. Rickets, a disease of children in which the bones fail to calcify due to lack of _____?
 - a. Vitamin C
 - b. Vitamin A
 - c. Vitamin D
 - d. Calcium

2. The repair of bone fractures involves these major events EXCEPT?
 - a. A fibrocartilage callus forms
 - b. Bone remodelling occurs
 - c. A hematoma forms

- d. The bony corn forms
3. _____ is the outer layer of the intervertebral discs that is composed of 10 to 20 concentric collagen layers which surround the nucleus.
- a. Nucleus pulposus
 - b. Annulus fibrosus
 - c. Superior articular facet
 - d. Spinous process
4. Which of the following is not part of some inflammatory joint disorders?
- a. Arthritis
 - b. Acute
 - c. Gouty arthritis
 - d. Kiphosis
5. _____ is when the nucleus (jelly) is getting pushed outwards but hasn't torn through all the layers.
- a. Herniated disc
 - b. Protusion
 - c. Annulus fibrosus
 - d. Subluxation

ANSWERS:

- 1. C
- 2. D
- 3. A
- 4. D
- 5. B

Topic 3: Men and Women's health

1) What are the three different types of pain that different tissues can produce? (Short answer)

Answer:

- 1- *Cutaneous* Pain
- 2- *Deep Somatic* Pain
- 3- *Visceral* Pain

2) Although different, all cancers have common characteristics in that their cells exhibit abnormal _____, _____, _____.

- a) Growth, Division, Differentiation
- b) Elongation, Symmetry, Differentiation

- c) Division, Differentiation, Symmetry
- d) Growth, Differentiation, Color

Answer: a)

3) If I am a carcinogen, I am a: _____.

- a) Medical treatment
- b) Healthy meal
- c) Vitamin
- d) Cancer-causing substance

Answer: d)

4) _____ is the most common skin cancer, and usually develops on portions of the skin exposed to the sun.

Answer: Basal Cell Carcinoma

5) MRI stands for _____ and produces high quality images of _____.

Answer: Magnetic Resonance Imagine, Soft Tissues

Topic 4: Mind-body Communications Maintain Wellness

1) Using an electronic device to “feed back” information about the activity of a particular region of the body to alter that activity is known as:

- a) Autogenic Training
- b) Hypnosis
- c) Meditation
- d) Biofeedback

Answer: d) Biofeedback

2) Focusing attention and lessening awareness of surrounding to produce a relaxed state that is open to suggestion is known as:

- a) Autogenic training

- b) Guided imagery
- c) Hypnosis
- d) Image visualization

Answer: c) Hypnosis

- 3) Conditions that are caused by negative mental states and attitudes, such as anxiety, depression, and stress, that harmfully change body physiology is known as:**
- a) Mental illness
 - b) Disease
 - c) Psychosomatic illness
 - d) Somatization disorder

Answer: c) Psychosomatic illness

- 4) What is the relationship between humor and health**
- a) Humor has a positive effect on health
 - b) Humor has no or very little effect on health
 - c) Humor has a negative effect on health

Answer: a) Humor has a positive effect on health

- 5) The lessening of symptoms or occurring of disease by believing in the healing powers of a make-believe medicine or “sugar pill” is known as:**
- a) Mind-body communications
 - b) Biofeedback
 - c) Autonomic Nervous system
 - d) Placebo effect

Answer: d) Placebo effect

Topic 5: Stress

- 1) Extreme stress causes a/an _____ in adrenaline levels, blood pressure, and heart rate**
- a) Increase
 - b) Decrease
 - c) Stability

Answer: a) Increase

- 2) When it comes to dealing with stress, which is true:**
- a) Only adults experience stress
 - b) People react differently to stress
 - c) Stress can decrease immune functioning
 - d) a and b
 - e) b and c

Answer: e) b and c

3) A state, or condition, of the body produced by “diverse nocuous agents” and manifested by a syndrome of changes is know as:

- a) Disease
- b) Symptoms
- c) Disorder
- d) Stress

Answer: d) Stress

4) In order, select the stages of the general adaptation syndrome

- a) The stage of resistance, the alarm reaction
- b) The alarm reaction, the stage of exhaustion, the stage of resistance
- c) The alarm reaction, the stage of resistance, the stage of exhaustion
- d) The stage of resistance, the alarm reaction, the stage of exhaustion

Answer: c) The alarm reaction, the stage of resistance, the stage of exhaustion

5) _____ is defined as the state of the body, whereas, _____ is defined as a state of the mind

- a) Symptom, Sign
- b) Psychological stress, stress
- c) Stress, psychological stress

Answer: c) Stress, psychological stress

February 24th, 2014 Notes:

1) Deglutition is the act of chewing and grinding the ingested food mixing it saliva (True/False)

Answer: False (Mastication)

2) The liver is the largest gland of the body, located under the diaphragm and occupies the left side of the body (True/False)

Answer: False (occupies the right side of the body)

3) Emesis is known as the act of vomiting (True/False)

Answer: True

4) Gastroesophageal reflux disease (GERD) is also known as Heart burn (True/False)

Answer: True

5) Food intolerance is a bad reaction to food that involves the immune system (True/False)

Answer: False, it does not involve the immune system (food allergy)

March 3rd, 2014 Notes:

1) Rickets is caused usually due to a lack of calcium from the diet and Vitamin A which is needed to absorb calcium into the bloodstream (True/False)

Answer: False, Vitamin D

2) Subluxation implies a partial or incomplete dislocation of a joint and it is usually temporary (True/False)

Answer: True

3) Reduced estrogen levels has been known to reduce bone density in females (True/False)

Answer: True

4) Injuries to the cartilage heals much more rapidly than injuries inflicted onto bones (True/False)

Answer: False

5) The type of fracture where the bone is completely snapped off across the entire limb

Incomplete fracture

Closed fracture

Open fracture

Complete fracture

Answer: D -- Complete fracture

March 10, 2014 Notes:

1) PET forms images by detecting radioactive isotopes injected into the body. What does PET stand for? (Answer: A)

- a. Positron emission tomography
- b. Potentially emission tomography
- c. Positive emission tomography

True or False: Cardiovascular disease is the first killer. (Answer: True)

2) Although cancers are different, all cancers have common characteristics: their cells exhibit abnormal: (Answer: B)

- a. Growth, discovery, disease
- b. Growth, division, differentiation

- c. Genetic, discovery, differentiation
- 3) True or False: A person's response to pain is affected by: cultural, social, and personal experiences. (Answer: True)
- 4) How many dimensions of health are there? (Answer: B)
- a. 6
 - b. 7
 - c. 5

March 17, 2014 Notes:

- 1) True or False: Hormones are chemicals produced by special organs and tissues in the body. (Answer: True)
- 2) The power of the mind to create illness is illustrated by psychosomatic illnesses, which is also called: (Answer: B)
- a. Psychological disorders
 - b. Psychophysiological disorders
 - c. Pathology disorders
- 3) A major way by which the mind and body communicate is through the ANS. What does ANS stand for? (Answer: C)
- a. Advanced nervous system
 - b. Autogenic nervous system
 - c. Autonomic nervous system
- 4) What plays an important role in promoting health and recovering from illness? (Answer: B)
- a. Relaxation
 - b. Attitude
 - c. Meditation
- 5) True or False: The respiratory rate is a cause of why the relaxation response decreases. (Answer: True)

March 24, 2014 Notes:

- 1) Name the 3 stages of the General Adaptation Syndrome.
(The alarm reaction, the stage of resistance or adaptation, and the stage of exhaustion)

- 2) What is the stress called that can occur in a developing fetus? (Answer: A)
 - a. Prenatal stress
 - b. Pregnancy stress
 - c. Fetus stress

- 3) Hans Selye coined a name called GAS. What does GAS stand for? (Answer: B)
 - a. General assessment syndrome
 - b. General adaptation syndrome
 - c. General analysis syndrome

- 4) True or False: Psychological stressors often produce physiological stress responses in all age-groups. (Answer: True)

- 5) The biggest stress factor in elderly people is: (Answer: C)
 - a. Money
 - b. Children
 - c. Death of a spouse

Digestive System:

1. The digestive functions of the tongue include
 - a) Manipulating and mixing ingested materials during chewing
 - b) Helping compress partially digested food to form a bolus
 - c) Assisting in the swallowing process
 - d) **All of the above**

2. The _____ is the first portion of the small intestine
 - a) Jejunum
 - b) **Duodenum**
 - c) Ileum
 - d) Cecum

3. The production of bile is one of the several important functions of the
 - a) Gallbladder
 - b) **Liver**
 - c) Pancreas
 - d) Small intestine

4. What prevents food from entering the trachea?
 - a) Uvula
 - b) Tongue
 - c) **Epiglottis**
 - d) Larynx

5. Which digestive organ mechanically and chemically transforms a food bolus into chyme ?
- a) Esophagus
 - b) Small intestine
 - c) Large intestine
 - d) **Stomach**

Diseases of the Skeletal System:

1. What is the first stage in the repair of a fracture?
- a) Bony callus
 - b) **Hematoma**
 - c) Inflammation
 - d) Fibrocartilage callus
2. _____ is structure disorder of the spine that gives it a side-to-side or lateral curvature
- a) Lordosis
 - b) **Scoliosis**
 - c) Kyphosis
 - d) Osteoporosis
3. Name the type of bone fracture, where there is more than one fracture line and the bone is splintered or crushed.
- a) Open fracture
 - b) Spiral fracture
 - c) Greenstick fracture
 - d) **Comminuted fracture**
4. What is the bone formation disorder, in which there is a lack of normal calcium deposits and a decrease in bone protein?
- a) **Osteoporosis**
 - b) Rickets
 - c) Lordosis
 - d) Osteoarthritis
5. Gouty arthritis is the most common form of arthritis.
- a) True
 - b) **False**

Women and Men's health:

1. What is the study of biological causes, effects, and processes of disease?
- a) Etiology
 - b) **Pathology**
 - c) Pathogenesis
2. Which is NOT a cancer prevalent in young adults?
- a) **Leukemia**

- b) Testicular cancer
 - c) Cervical cancer
 - d) Malignant melanoma
3. Which goal corresponds to the secondary stage of disease prevention?
- a) Limit established disease
 - b) Reduce risk factors
 - c) **Early detection**
4. Although different, all cancers have common characteristics: their cells exhibit abnormal growth, division and differentiation.
- a) **True**
 - b) False
5. What medical imaging technique produces high-quality images of soft tissues and distinguishes body tissues based on relative water content?
- a) Computed (axial) tomography
 - b) Positron emission tomography
 - c) **Magnetic resonance imaging**
 - d) Sonography

Stress and psychology:

1. In which stage of the general adaptation syndrome (GAS) is resistance to stress lowered?
- a) The resistance stage
 - b) **The exhaustion stage**
 - c) The alarm stage
2. Each of the following is considered to be an ineffective method of coping with stress except
- a) Aggression
 - b) Substance abuse
 - c) **Positivism**
 - d) Withdrawal
3. _____ is constant and persists over time.
- a) Distress
 - b) Duress
 - c) **Chronic stress**
 - d) Fatigue
4. The hormone known as cortisol helps the body manage stress.
- a) **True**
 - b) False
5. In which stage of the GAS are the body's resources fully mobilized and resistant to stress?

- a) The alarm stage
- b) The resistance stage
- c) The exhaustion stage
- d) All of the above

Digestive system/ eating disorders

1. Which of the following gives the correct order for food as it passes through the organs of the digestive system?
 - a) Mouth, esophagus, stomach, gallbladder, pancreas, large intestine, small intestine, anus
 - b) Mouth, pharynx, esophagus, stomach, small intestine, large intestine, anus
 - c) Mouth, epiglottis, liver, stomach, pancreas, small intestine, large intestine, anus
 - d) Esophagus, epiglottis, stomach, liver, small intestine, large intestine, anus
2. The tongue functions to:
 - a) Grind and crush the food
 - b) Position food for swallowing
 - c) Protect the opening of the pharynx during swallowing
 - d) Add moisture and enzymes to food
3. The primary function of the small intestine is to
 - a) Kill bacteria in the food
 - b) Digest and absorb nutrients
 - c) Pass indigestible waste from the body
 - d) Maintain constant levels of nutrients in the blood
4. Which of the following substances does the liver NOT store?
 - a) Vitamin A
 - b) Vitamin C
 - c) Iron
 - d) Vitamin B₁₂
5. What is the function of bile?
 - a) Bile helps digest gallstones
 - b) Bile aids in the digestion of fats
 - c) Bile is first produced in the gallbladder
 - d) Bile causes several serious diseases of the liver

Maintaining wellness

1. What is NOT common in practicing the progressive muscle relaxation technique?
 - a) Lying on your back
 - b) Feet slightly apart
 - c) Listening to music to calm thoughts
 - d) Closing eyes
2. What is NOT one of the 6 autogenic phrases?
 - a) My arms and legs are light
 - b) My arms and legs are heavy
 - c) My abdomen is warm

- d) My forehead is cool
- 3. Besides the ANS and endocrine system, what other system does the mind use to communicate with the body?
 - a) **The immune system**
 - b) The digestive system
 - c) The reproductive systems
 - d) The nervous system
- 4. What methods do not produce the relaxation response?
 - a) Mantra meditation
 - b) Progressive muscle relaxation
 - c) **Biofeedback**
 - d) Guided imagery
- 5. What can change body chemistry?
 - a) **Thoughts, beliefs, feelings**
 - b) Experience, thoughts, beliefs
 - c) Thoughts, environment, experience
 - d) Environment, experience, beliefs

Skeletal diseases

- 1. What region of the body are you LEAST likely to find a herniated disk?
 - a) Cervical
 - b) Thoracic
 - c) Lumbar
 - d) **Sural**
- 2. What is the most common form of arthritis that typically affects the aged?
 - a) Rheumatoid arthritis
 - b) **Osteoarthritis**
 - c) Osteoporosis
 - d) Gouty Arthritis
- 3. Which of the following is the least likely cause of abnormal spinal curvature?
 - a) congenital
 - b) disease
 - c) **injury**
 - d) unequal muscle pull on the spine
- 4. Which of the following terms is not associated with the correct definition?
 - a) Bursitis: inflammation of bursa or synovial membrane
 - b) **Subluxation: when a bone is forced out of its normal position in the joint cavity.**
 - c) Sprain (ligaments reinforcing a joint are damaged by excessive stretching, or torn away from the bone)
 - d) Arthritis: inflammatory or degenerative diseases that damage the joints
- 5. Which of these muscles groups does not contribute to lower back pain?
 - a) abdominals

- b) hamstrings
- c) obliques
- d) hip flexors
- e) back extensors

Men's and women's health

1. which of the following terms is not associated with the correct definition
 - a) Symptom – an objective, observable indication of pathology, usually discovered during physical examination; can be seen or measured by the clinician
 - b) Clinical presentation – the overall "picture" of signs, symptoms, medical history, and physical examination
 - c) Etiology – the mechanisms of disease
 - d) Pathogenesis – the underlying cause of a disease or the development of a disease
2. Which of the following is not a cause of pain?
 - a) mechanical
 - b) chemical
 - c) emotional
 - d) perceptual
3. Which of the following medical imaging techniques forms images by detecting radioactive isotopes injected into the body?
 - a) CT or CAT
 - b) MRI
 - c) Ultrasound
 - d) PET
4. Cancer cells exhibit abnormal:
 - a) growth, division, function
 - b) growth, cytogenesis, differentiation
 - c) growth, division, differentiation
 - d) growth, cytogenesis, function
5. Which of the following is not a type of skin cancer?
 - a) basal cell carcinoma
 - b) cuboid cell carcinoma
 - c) squamous cell carcinoma
 - d) malignant carcinoma

Stress

1. Which of the following is not a stage of the general adaptation syndrome?
 - a) alarm reaction
 - b) alarm response
 - c) resistance
 - d) exhaustion
2. What does CRH stand for?

- a) corticotropin-releasing hormone
 - b) corticoprotein-releasing hormone
 - c) corticosteroid-releasing hormone
 - d) corticosterone-releasing hormone
3. Which of the following is not a stress-management technique?
- a) yoga
 - b) breathing exercises
 - c) Valsalva maneuver
 - d) Running
4. Cortisol-induced fetal programming changes are NOT known to influence:
- a) body composition
 - b) growth rates
 - c) age at maturity
 - d) fertility
5. Which is a generalization about the character of stressors?
- a) Stressors very often are injurious, unpleasant, or painful stimuli—but not always
 - b) Stressors are subtle stimuli—the perception of the individual is critical.
 - c) The reaction to stressors differs rarely in different individuals and in one individual at different times
 - d) Anything that an individual perceives as a threat, whether real or imagined, does not necessarily arouse fear or anxiety.
- e) The digestive system
- f)
- g) 1) Q: What is the main difference between the alimentary canal and the gastrointestinal tract?
- h) A: The GI tract only refers to the stomach and the intestines. Alimentary canal opens from _____ end to end (mouth the anus)
- i)
- j) 2) Q: What is a bolus?
- k) A: It is a mass of food that passes from the mouth to the GI tract
- l)
- m) 3) Q: Name 1 disorder of the digestive system, and 1 symptom.
- n) A: GERD (gastroesophageal reflux disease), heartburn caused by stomach acids coming back up
- o)
- p) 4) Q: What are the 5 tastes the tongue can sense?
- q) A: Sweet, Bitter, Sour, Salty, Umami
- r)
- s) 5) Q: What are the 4 pathways in digestion?
- t) A: Motility, Secretion, Digestion, Absorption
- u)
- v) Problems and diseases of the skeletal system
- w)

- x) 1) Q: What is the difference between an open and closed fracture.
y) A: Open fracture involves a broken bone plus the bone breaking through the skin. Closed fracture remains under the skin.
z)
- aa)2) Q: Intervertebral discs are primarily made up of what?
bb) A: Water
cc)
- dd)3) Q: What is osteoporosis? And what is the danger of it?
ee) A: The bones become more brittle because of the bone becoming more porous. The bone has a higher chance of breaking
ff)
- gg)4) Q: What is the most common fracture among children?
hh) A: Avulsion fracture
ii)
- jj) 5) Q: What are possible reasons for poor posture?
kk) A: Forward facing head. Forward and rounded shoulders. Hyper-extended lower back. Hyper-extended knees.
ll)
- mm) Men and women's health
nn)
- oo)1) Q: What is the current definition of "health"?
pp) A: A resource for everyday life...a positive concept emphasizing social and personal resources, as well as physical capabilities.
qq)
- rr) 2) Q: Name any 3 components of health?
ss) A: Physical, psychological, social, intellectual, spiritual, environmental
tt)
- uu)3) Q: What is the difference between sign and symptom?
vv) A: Sign is something someone else can see. Symptom is an aspect the person can feel.
ww)
- xx) 4) Q: What is the secondary stage of disease prevention?
yy) A: Early detection, early intervention, inhibit proliferation.
zz)
- aaa) 5) Q: What is cancer? Where can cancer occur?
bbb) A: Unregulated, uncontrollable cell growth forming tumours. You can get cancer anywhere.
ccc)
- ddd) Mind-body communications
eee)
- fff) 1) Q: Name one aspect leading to mind-body harmony and disharmony?
ggg) A: Joy. Stress
hhh)
- iii) 2) Q: List 3 processes the ANS regulates? Is this done conscious or without conscious?
jjj) A: Heart rate, blood pressure, GI activity. It is done without conscious input

kkk)

III) 3) Q: What is the system that controls hormones in the body?

mmm) A: The endocrine system

nnn)

ooo) 4) Q: What is a common, easy to access, to increase positive health? How does it increase positive health?

ppp) A: Humor. It increase comfort levels, decreases stress and anxiety levels. It also elevates natural killer cells and increases the pain threshold

qqq)

rrr) 5) Q: What is the placebo effect?

sss) A: Is it the lessening of symptoms or curing of disease by believing in the healing powers of a make-believe medicine

ttt)

uuu) Stress

vvv)

www) 1) Q: What is the definition of stressor? Give an example?

xxx) A: It is a stimulus that produces a stress response. Example, school/exams

yyy)

zzz) 2) Q: List one stressor (each) specifically to children, teens, and adults

aaaa) A: Children, parents . Teens, school. Adults, money.

bbbb)

cccc) 3) Q: List 2 organs involved in the stress response? Name a response for each?

dddd) A: Adrenal medulla, epinephrine and norepinephrine in the blood & hypothalamus, increase in secretion of ACTH .

eeee)

fff) 4) Q: What are some ways to manage/deal with stress? List 2

gggg) A: Positive imagery & Counseling.

hhhh)

iiii) 5) Q: What are the dangers of intrauterine stress on the fetus? Give one example of a stressor and a consequence?

jjjj) A: A stressor that is put upon the fetus during growth that can have an affect on the child after birth. Example, alcohol and life expectancy

1-Name a synonym of swallowing: deglutition

2-The small intestine is composed of what parts: duodenum, jejunum, ileum

3-Name the parts of the colon: ascending, transverse, descending, sigmoid

4-Name the disorders of the pancreas: pancreatitis, cystic fibrosis, cancer,

5-Mechanical digestion involves: chewing, swallowing, peristaltis

1-Rickets is mostly present in: children.

2-Repair of bone fracture involves what steps: Hematoma formation, fibrocartilage callus forms, bony callus forms, bone remodelling occurs.

- 3-Define scoliosis: lateral curving of the spine.
- 4-What is the main factor in low back pain: inadequate flexibility
- 5-Gouty arthritis is a disease in which what type of molecule accumulates: uric acid.

- 1-What is the name of the study of mechanisms of disease: etiology
- 2-How is called the development of a disease or the underlying cause of the disease.
- 3-What are the stages of disease prevention: primary, secondary, tertiary.
- 4-What are the different types of pain: cutaneous pain, deep somatic pain, visceral pain.
- 5- What type of medical imaging used radioactive isotopes injected into the body: PET

- 1-What mind-body states increase the risk of illness: fear, anxiety, stress, depression.
- 2-True or false: the autonomous nervous system requires conscious control: false
- 3-What does the autogenic training? autosuggestion, concentration on 1-6 autogenic phrases
- 4-True or false: The hormones do not respond to feelings: false
- 5- What is a placebo? A sugar pill that cause no medical effect, but has curative power if the recipients believes in their power.

- 1-Who discovered the concept of stress? Hans Selye in 1933
- 2-What the term for the group of changes that makes the presence of stress in the body known: general adaptation syndrome (GAS).
- 3-What is a stressor? Any agent or stimulus that produces stress.
- 4-What are the 3 stages of GAS: The alarm reaction, stage of resistance or adaptation, the stage of exhaustion.
- 5-What is a psychological stressor? Anything that the individual perceives as a threat.

Stress

Q1: Cortisol-induced fetal programming changes are known to influence:

- A. Body composition
- B. Growth rates
- C. Age at maturity
- D. Life Expectancy
- E. All of the above

Answer: E.

Q2: Which of the following does NOT manage stress ?

- A. Specific drugs
- B. Massage
- C. Meditation
- D. Alcohol

Answer: D.

Q3: What acts as a trigger that initiates many diverse changes in the body?

Answer: Corticotropin-releasing hormone (CRH)

Q4: What are the 3 stages that make up the General Adaption Syndrome (GAS)?

Answer: the alarm reaction, the stage of resistance or adaptation

Q5: What is a stressor?

Answer: Any agent or stimulus that produces stress

Digestive System

Q1: Which of the following does NOT belong in the 3 divisions of the small intestine?

- A. Duodenum**
- B. Cecum**
- C. Jejunum**
- D. Ileum**

Answer: B

Q2: What is the largest gland in the body ?

Answer: Liver

Q3: Which of the following is NOT a risk factor for GERD?

- A. Smoking**
- B. Overweight**
- C. Sleeping**
- D. Pregnancy**

Answer: C.

Q4: What are the two types of peptic ulcers?

- A. Stomach and Abdominal ulcers**
- B. Intestine and duodenal ulcers**
- C. Acidic ulcers and gastric ulcers**
- D. Gastric Ulcers and Duodenal ulcers**

Answer: D.

Q5: Which of the following is NOT a disorder of the Gallbladder?

- A. Gallstones**
- B. Hepatitis**
- C. Cirrhosis**
- D. Cystic fibrosis**

Answer: D.

Diseases of the Skeletal System

Q1: What are the 4 major events that involves the repair of bone fractures?

Answer: 1. A hematoma forms

2. A fibrocartilage callus forms

3. The bony callus forms

4. Bone remodelling occurs

Q2: What is Lordosis?

Answer: Increased curving of the spine inward or forward

Q3: What is Kyphosis?

Answer: Increased curving of the spine outward or backward

Q4: What is Rickets?

Answer: Is a disease of children in which the bones fail to calcify

Q5: what is scoliosis ?

Answer: Scoliosis is one or more lateral curvatures of the spine

Men and Women Health

Q1: What is Pathology?

Answer: the study of the biological causes, effects, and process of disease

Q2: What is Pathogenesis?

Answer: the underlying cause of a disease or development of a disease

Q3: What is Differentiation?

Answer: the process by which cells develop into certain types for example liver cells or muscle cells

Q4: Define Malignant tumors?

Answer: masses of cancer cells that invade body tissues and interfere with normal functioning of tissues

Q5: What does Leukemias affect?

- A. The bones
- B. Bones and muscle tissues
- C. Skin
- D. The blood and related cells

Answer: D

Mind-body communications

Q1: Which of the following is the way to focus the mind to promote health?

- A. Relaxation
- B. Hypnosis
- C. Biofeedback
- D. Meditation
- E. All of the Above

Answer: E.

Q2: Which of the following is NOT regulated by the autonomic nervous system?

- A. Blood pressure
- B. Heart rate
- C. Sweating
- D. Hours of sleep

Answer: D

Q3: What is the relaxation response?

Answer: an automatic physiological pattern opposite of autonomic nervous system activation

Q4: What is somatization?

Answer: refers to the occurrence of physical symptoms without the presence medically of detectable injury or disease

Q5: What is placebo effect?

Answer: The placebo effect is the lessening of symptoms or curing of disease by believing in the healing powers of a make-believe medicine or sugar pill.

The Digestive System

Which of the following is a segment of the gastrointestinal tract?

- a) **Esophagus**

- b) Teeth
- c) Liver
- d) Gallbladder

What are some of the risk factors for GERD (gastroesophageal reflux disease)?

- **Age (over 50 years old)**
- **Being overweight or obese**
- **Eating and drinking certain types of foods and drinks**
- **Having excess abdominal fat**
- **Pregnancy**
- **Smoking**
- **Asthma**
- **Taking certain medications (e.g., NSAIDs, some antidepressants, calcium channel blockers, corticosteroids)**

True or false? Mechanical digestion breaks large molecules into smaller ones.

False

Which of the following is not an organ of digestion?

- a) Pharynx
- b) Larynx**
- c) Trachea
- d) Esophagus

What can be another term for the alimentary canal?

Gastrointestinal Tract

Men and women's health

Name four components of health other than physical and psychological health.

- 1) Social health**
- 2) Intellectual health**
- 3) Spiritual health**
- 4) Environmental health**

Which medical imaging is best for visualizing bones and abnormal dense structures?

- a) CT or CAT
- b) PET
- c) X-RAY**

d) MRI

Which of the following is not a common characteristic of cancer?

- a) Growth
- b) Division
- c) Differentiation
- d) Union**

Which of the following is a prevalent cancer of children up to age 5?

- a) Malignant melanoma
- b) Leukemia**
- c) Cervical cancer
- d) Testicular cancer

Changes in gene or chromosomes or damaged genes is called:

- a) Mutations**
- b) Leukemia
- c) Tumors
- d) Sarcomas

Problems and disease of the skeletal system

Which of the following is not a definition of rickets?

- a) Lack of calcium
- b) Lack of vitamin D
- c) A disease in which bones fail to calcify
- d) An exceptional trauma that twists or smashes the bones**

When the broken bone ends penetrate through the skin, the fracture is:

- a) Normal
- b) Open**
- c) Closed
- d) Transverse

A fracture in which the bone breaks cleanly but does not penetrate the skin is:

- a) Normal
- b) Open
- c) Closed**
- d) Transverse

Name the four major events in the repair of bone fractures

- 1) A hematoma forms**
- 2) A fibrocartilage callus forms**

- 3) **The bony callus forms**
- 4) **Bone remodeling occurs**

Increased curving of the spine inward or forward in the sagittal plane is:

- a) **Lordosis**
- b) Kyphosis
- c) Scoliosis
- d) Osteoporosis

Maintain wellness

True or False? The mind can create illness or wellness?

True

What are some ways to focus the mind to promote health, prevent disease, and foster healing in times of illness?

- **Biofeedback**
- **Relaxation**
- **Hypnosis**
- **Guided imagery**
- **Autogenic training**
- **Mediation**

What is the placebo effect?

The lessening of symptoms or curing of disease by believing in the healing powers of a make-believe medicine or "sugar pill".

What are some of the conditions that cause psychosomatic illness?

- **Anxiety**
- **Depression**
- **Stress**

The occurrence of physical symptoms without the presence medically of detectable injury or disease is the definition of which disorder?

Somatization disorder

Stress

Which of the following may be stressors for certain individuals?

- a) Temperature change
- b) Being tickled
- c) Oral presentations
- d) **All of the above**

Name the three stages of GAS (General Adaptation Syndrome)

- 1) **The alarm reaction**
- 2) **The stages of resistance or adaptation**
- 3) **The stages of exhaustion**

Name some examples of measurements of an individual's body responding to stress stimuli

- **An increase in the rate and force of heartbeat**
- **A rise in systolic blood pressure**
- **An increase in blood urine concentration or epinephrine and norepinephrine**
- **Sweating of the palms of the hands**
- **Dilation of pupils**

True or False? Can a fetus experience stress?

True

The following disease or condition target which organ system; coronary artery disease, hypertension, stroke, disturbances of heart rhythm?

Cardiovascular system

Digestive system:

1. The movement performed by esophagus to move the bolus downward to the stomach is referred to as _____.

Ans: **Peristalsis**

2. Which one of the following serves as a food reservoir?
 - a. Mouth
 - b. Pharynx
 - c. Larynx
 - d. **Stomach**
 - e. Heart
3. Which one of the following hormone increases appetite?

- a. Pepsin
 - b. Estrogen
 - c. Ghrelin**
 - d. Testosterone
4. Body produces **1L saliva/day**
5. When the bottom valve of the oesophagus doesn't function properly what occurs?
 Ans. **GERD (gastroesophageal reflux disease)**

Diseases of the skeletal system:

1. You can fracture a bone twice at the same spot. True or false?
 Ans. **FALSE** because the fractured spot becomes fixed in such a way that it becomes stronger due to the presence of bony callus and cartilaginous remnants that becomes almost impossible to get fractured again.
2. Bone grows from _____.
 Ans. **Epiphyseal plate**
3. Which one of the following is an abnormal curvature?
 a. Scoliosis
 b. Kyphosis
c. A and b
 d. Osteoporosis
4. Which one of the following refers to a bad posture?
 a. Convex thoracic curvature
 b. Concave lumbar curvature
c. Hyper-extended knees
 d. Concave cervical curvature
 e. All of the above
5. Which one of the following occurs when bone fail to calcify?
 a. Heart attack
b. Rickets
 c. Fracture
 d. Arthritis
 e. Headache

Women and Men's health

1. What factor affects premature death the most?
 a. Medical care
 b. Heredity
 c. Environment
d. Lifestyle

2. The best concept that determines if a person is healthy or not is a **Holistic concept** where a person is considered healthy looking at different dimensions of health.

3. I see a person is sweating, shivering and pale with unusual posture. Is this a sign or a symptom?

Ans. **Sign**

4. The best tool to visualize bone structure is via _____

Ans. **X-ray**

5. when the cancer spreads and starts migrating from one body location to another, what is it called?

Ans. **Metastasis**

Mind body communications:

1. what is the major way of communication between a mind and body?

Ans. **Autonomic nervous system**

2. which one of the following uses an electrical device to control mind-body for promotion of health?

- a. Meditation
- b. Guided imagery
- c. Image visualization
- d. Progressive muscle relaxation
- e. **Biofeedback**

3. The relaxation response...

- a. Increases heart rate
- b. Increases bloodpressure
- c. Decreases blood pressure
- d. Decreases muscle tension
- e. **C and d**

4. _____ is a disorder that is difficult to treat by physicians and is expensive to treat as well.

Ans. **Somatization disorder**

5. What is the way of curing a disease that requires a just a belief in the healing power?

Ans. **Placebo effect**

Stress and psychology

1. I have an exam today. I don't know if I studied enough and I have a increase in heart rate, sweaty hands, dry mouth, and I am stressed. What is my stressor?

- a. Sweaty hands

b. Dry mouth

c. Exam

d. A and b

2. What are the phenomenon that occurs during the second stage of general adaptation syndrome?

Ans. Pupils constrict, normal heart rate, high resistance to stressor, glucocorticoid secretion returns to normal

3. Seyle postulated that stressors signal _____ to stimulate pituitary gland

a. Hypothalamus

b. Blood vessel

c. Right hemisphere

d. Cerebrum

e. Cerebellum

4. How can you cause an intrauterine stress?

Ans. Consumption of alcohol, smoke, maternal malnutrition.

5. Anger, hate, depression, fear, guilt refers to as _____ stressors.

a. Physiological stressor

b. Physical stressor

c. Psychological stressor

d. Environmental stressor

e. Extraterrestrial stressor

Digestive System (P.57-74)

1. What are the 3 divisions of the small intestine?

Duodenum, jejunum and ileum

2. What is the anal canal?

It is the terminal inch of the rectum

3. What is mastication and what part of the body uses this action?

It is the act of chewing. The part of the body is the teeth, which are located inside of the oral cavity.

4. What is the main function of the gallbladder?

To store the bile that enters it and then to expel the bile into the duodenum in a more concentrated form.

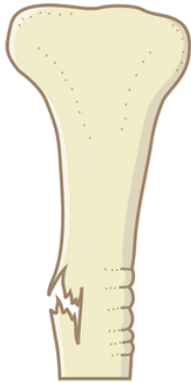
5. Which of the following is not a pancreatic disorder?

- a) Pancreatitis
- b) Cancer
- c) Cystic fibrosis
- d) **Hepatitis**

Problems and Diseases of the Skeletal System:

(P.75-86)

1. What fracture is this image portraying?



- a) Fissure fracture
- b) **Greenstick fracture**
- c) Spiral fracture
- d) Comminuted fracture

2. Explain what kyphosis is.

Kyphosis is an abnormal backward protrusion of the spine. Most commonly called “roundback”.

3. What age group does osteoporosis affect most commonly?

- a) **Seniors (60 and above)**
- b) Newborns
- c) Teenagers
- d) Someone who is in their early 30’s and 40’s

4. What are the three muscles that make up the quadriceps?

Rectus femoris, vastus lateralis and vastis medialis.

5. What age group does osteoporosis affect most commonly?

- a) Seniors (60 and above)
- b) Children**
- c) Young adults
- d) Someone who is in their early 30's and 40's

Men and Women's Health (P.87-99)

1. What is the holistic concept?

It is a concept dealing with health that involves all components of an individual. These components include physical health, psychological health, social health, intellectual health, spiritual health and environmental health.

2. What are the three causes of pain?

Mechanical, Perceptual and chemical

3. What does the CAT in a CAT scan stand for?

- a) Computed axial tomography**
- b) Circumference axial totomer
- c) Computed axial totomer
- d) Circumference axial tomography

4. Which of the following is considered the most common type of skin cancer?

- a) Basal cell carcinoma**
- b) Squamous cell carcinoma
- c) Malignant carcinoma
- d) Leukemia

5. Which one of the following is not one of Cancers seven warning signs?

- a) Change in bowel or bladder habits
- b) Thickening or lump in breast or elsewhere
- c) Obvious change in a wart or mole
- d) Hair loss**

Mind-body communication, maintain wellness
(P.100-105)

1-In the autonomic nervous system, which of these will lead to the fight or flight and stress response?

A) Parasympathetic nervous system

B) Sympathetic nervous system

2-Name 3 techniques designed to lessen Autonomic nervous system arousal and create a sense of mind-body harmony:

Possible Answers:

- Autogenic training
- Guided imagery
- Image visualization
- Progressive muscle relaxation
- Biofeedback
- Hypnosis
- meditation

3-What does the relaxation response (parasympathetic nervous system decrease? Name 3:

Possible answers:

- Oxygen consumption
- Heart rate
- Muscle tension
- Respiratory Rate
- Blood pressure

4-What is the role of the immune system?

The immune system is responsible for combatting infections and illness and ridding the body of foreign organisms and toxic substances.

5-What is the placebo effect?

Answer: The placebo effect is the lessening of symptoms or the cure to a disease by believing in the healing powers of a make-believe medicine or “sugar pill”.

Stress and psychology (P.106-114)

1-What is a stressor?

- a) **Any agent or stimulus that produces a stress**
- b) A receptor on the adrenal cortex
- c) The alarm reaction

2-Name the three stages of the general adaptation syndrome (GAS):

- Answer:
- The alarm reaction
 - The stage of resistance or adaptation
 - The stage of exhaustion

3-Name 3 methods for managing stress

Possible answers: -holistic treatment programs

- Specific drugs
- Relaxation techniques
- Meditation
- Counseling
- Massage
- Positive imagery

-Educational components that focus on development of coping strategies

4- True or false. Physiological stress is never accompanied by some degree of psychological stress

Answer: **false**. Physiological stress almost always is accompanied by some degree of psychological stress

5- True or false. Identical psychological stressors do not always induce identical physiological responses in different individuals

Answer: **True**

1. How is the colon divided up?

1. Ascending colon
2. Transverse colon
3. Descending colon
4. Sigmoid colon

1. What does GERD stand for?

1. Gastroesophageal reflux disease (AKA heartburn)

1. What are some signs and symptoms of gastric diseases

1. gastritis
2. anorexia
3. nausea
4. emesis

1. What is a peptic ulcer?

1. an erosion or sore in the lining of the stomach or intestine

1. What is the difference between binge eating and bulimia?
 1. Bulimia is when you binge eat and then induce vomiting, while binge eating is when you intake a high amount of calories in a short span.

Lecture 8.

1. What is a greenstick fracture?
 1. When a long bone is put under pressure on both end and the bone fractures on one side of the bone. As if a stick were being bent.

1. What is Rickets?
 1. A disease oh Children in which the bones fail to calcify. As a result the weight-bearing bones of the legs show a definite bowing.

1. What is the difference between Protusion vs. herniated disc?
 1. Protusion is when the nucleus (jelly) is getting pushed outwards but hasn't torn through all the layers. A herniated disc is when the nucleus (jelly) gets through all the layers.

1. What are some common postural abnormalities?
 1. Forward head, rounded shoulders, increased thoracic curvature, increased lumbar curvatures, and hyper-extended knees.

1. The risk of low back injuries is higher for people who are?
 1. overweight, have poor posture, or have a weak back and abdominal muscles.

Lecture 9

1. The WHO (World Health Organization) define health as?
 1. A state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.

1. The holistic components of health include.
 1. physical health
 2. psychological health
 3. social health
 4. intellectual health
 5. spiritual health
 6. environmental health

1. Pathogenesis is?
 1. The underlying cause of a disease or the development of a disease.

1. What is an MRI?
 1. Magnetic resonance imaging. It produces high-quality images of soft tissues. It Distinguishes body tissues based on relative water content.

1. What is a biopsy?
 1. a small piece of tissue that is taken from the growth so that the cells can be studied and a diagnosis confirmed.

Lecture 10.

1. What is the ANS?
 1. The autonomic nervous system. (derived from the fact that its not operated consciously) A group of nerves, centered in the brain(principally the brain stem and the hypothalamus) that regulate many of the body's physiological processes, such as heart rate, blood pressure, Gastrointestinal activity, sweating, and elimination.

1. Describe guided imagery.
 1. Using mental images suggested by a “guide” to produce relaxation and/or develop a skill.

1. What is Autogenic training?
 1. it involves learning to concentrate on 1 of 6 basic autogenic phrases for a few minutes each day for a week or more. After a while of practicing, one is able to attain a deep sense of relaxation, often within seconds which can result in healthful physiological changes.

1. What is somatization disorder?
 1. Refers to the occurrence of physical symptoms without the presence medically of detectable injury or disease. Often difficult to treat. The main complaint is usually pain for long durations in several parts of the body that cannot be explained by any medical condition or injury. .

1. What is the Placebo effect?
 1. the lessening of symptoms or curing of disease by believing in the healing powers of make-believe medicine or sugar pills. The placebo acts on the mind, which brings about physiological changes.

Lecture 11.

1. What are the 3 stages of the General Adaptation Syndrome?
 1. the alarm reaction
 2. The stage of resistance or adaptation
 3. the stage of exhaustion.

1. What are some examples of stress indicators?
 1. an increase in the rate and force of heartbeat
 2. a rise in systolic blood pressure
 3. an increase in blood and urine concentration of epinephrine and norepinephrine.

4. sweating of the palms of the hands
 5. dilation of pupils.
-
1. What are some ways to manage stress.
 1. holistic treatment programs designed to improve both their physical and psychological health
 2. specific drugs
 3. counseling
 4. relaxation techniques
 5. massage
 6. meditation
 7. positive imagery
 8. educational components that focus on development of coping strategies.
-
1. What are some stressors related to elderly people?
 1. loss of health and general well-being
 2. fear of death or dying
 3. a sense of abandonment
 4. social isolation
 5. poverty
 6. the death of a spouse
-
1. What are the main adult stressors (in the United States)
 1. money
 2. work
 3. the economy
 4. family responsibilities
 5. relationships
 6. personal health
 7. housing costs
 8. job stability
 9. health problems affecting family
 10. personal health.
 2. **Stress**
 3. 1) which of the following is not part of the "specific syndrome" when Selye stresses his rats?
 4. a)enlarged adrenals
 5. b)wrinkled tails

6. c)bleeding gastrointestinal ulcers

7. d)shrunken lymphatic organs

8. answer: b

9.

10. 2) Which of the following is not true about a stressor?

11. a)stressors are extreme stimuli

12. b)stressors are always painful

13. c)stressors are relative to each person

14. d)stressors can even occur to a fetus

15. answer: b

16.

17. 3) the first stage of stress is the "stage of exhaustion"? True or False

18. answer: false

19.

20. 4) psychological stress is not related to physiological stress? True or False

21. answer: false

22.

23. 5) Which of the following is not an indicator of stress?

24. a) increase heart rate

25. b) constricted eyes

26. c) sweating

27. d) increase of breathing

28. answer: b

29.

30. **Digestive Systems**

31. 1)What is the difference between anorexia and bulimia eating disorders?

Anorexia is when one abstains from food, and bulimia is when one eats food in excess then purges it all.

32.

33. 2)What is a Bolus?

34. A piece of food that travels throughout the whole body.

35.

36. 3) If someone is Lactose Intolerant, what will happen to them when they have a glass of milk?

37. Their body will have a poor food reaction and trigger an allergic food response.

38.

39. 4) What are any adverse food reactions one might experience defined as?

40. Food sensitivity.

41.

42. 5) What are the causes of GERD?

43. GERD occurs when a valve located at the bottom of the esophagus is not functioning properly.

44.

45. Mind, body and Communication

1. How can you reduce your stress when sitting in front of a computer?

Answer: After 30 minutes, stand up, stretch the muscles of your neck, shoulders and back for about 5 minutes.

2. What practice is recommended to reduce stress during a sitting in front of a computer?

Answer: Practice slow deep breathing while working on the computer.

3. What contributes to living healthfully, aid healing from recovery or injury and increase longevity?

Answer: Positive emotions such as contentment, joy, love, vitality and optimism

4. What does the mind affect on the body?

Answer: Health and well-being

5. What is the major way that the mind and the body communicate?

Answer: Through the ANS (autonomic nervous system)

Skeletal System

1. What group of individual is most affected by the Ricket disease?

a) Old adult b) Young adult c) Children d) Only old women

Answer: c)

2. True or False: The spine is formed with rigid and curved bones structures.

Answer: False

3. What alignment variation is commonly named as "rounded back"?

a) Lordosis b) Kyphosis c) Scoliosis

Answer: b)

4. True or false: A severe hernia disc may affect the nerve system.

Answer: True

5. What disease is a dysfunction of the immune system and tries to damage its own body tissues?

a) Osteoarthritis b) Gouty arthritis c) Osteoporosis d) Rheumatoid arthritis

Answer: d)

Men and Women's health

Q1: Name the 7 compounds of health ?

A1: Physical health, Psychological health, Social health, Intellectual health, Spiritual health, Environmental health

Q2: How is The Ottawa Charter for Health defines health?

A2: As "a resource for everyday life, a positive concept emphasizing social and personal resources, as well as physical capabilities."

Q3: What is the difference between wellness and good health?

A3: Good health enables one to function adequately and independently in a constantly changing environment. Wellness is a sense that one is functioning at this or her best level.

Q4 : What is the definition of lifestyle ?

a) A way of dying

b) A way of living

c) A way of winning money

d) A way of stealing a bank

Answer : b

Q5 (T\F) : Cancer is the 3rd biggest killer

Answer: F : The second biggest killer

47. **Questions for Feb 24 Lecture: Digestive System**

48.

49. 1. Q: What is the function of the uvula?

50. A: The uvula prevents the food from moving up by your nose. It acts kind of like a door to guide the food down.

51. 2. Q: What are the 6 Accessory organs as explained in class?

52. A: Teeth, salivary glands, tongue, liver, gallbladder, and pancreas

53. 3. Q: The first signs of Crohn's disease are usually abdominal pain and diarrhea after eating. Name 5 other symptoms of Crohn's disease:

54. A: Weight loss, stomach cramps, fever, loss of appetite, and rectal bleeding.

55. 4. Q: The bitter taste area of the tongue is found

56. a) On the front of the tongue

57. b) On the sides of the tongue

58. c) On the back of the tongue

59. d) On the sides and front of the tongue

60. A: c) On the back of the tongue

61. 5. Q: What is the name for the rounded mass of food that we swallow?

62. A: A bolus

63.

64. **Questions for March 3 Lecture: Diseases of Skeletal System and Back Care**

65.

66. 1. Q: What is another term for a fissure and is it easily detected on an x-ray?

67. A: Another term for a fissure is a stress fracture and due to its tiny size, it is hard to detect on an x-ray

68. 2. Q: Name the 4 major events involved in the repair of bone fractures.

69. A: 1. A hematoma forms

70. 2. A fibrocartilage callus forms

71. 3. The bony callus forms

72. 4. Bone remodelling occurs

73. 3. Q: When increased curving of the spine inward or forward in the sagittal plane occurs, this type of spine curvature is known as:

74. a) Scoliosis

75. b) Kyphosis

76. c) Lordosis

77. d) Humpdosis

78. A: c) Lordosis

79. 4. Q: What is the difference between a protusion and a herniated disc?

80. A: A protusion is when the nucleus gets pushed outwards without actually tearing all of the layers, while a herniated disc is when the nucleus actually gets through all of the layers.

81. 5. Q: Name the 4 muscle groups involved in lower back pain.

82. A: Abdominals, hamstrings, hip flexors, and back extensors.

83.

84. **Questions for March 10 Lecture: Women and Men's Health**

85.

86. 1. Q: What are the 7 components of health?

87. A: Physical health, psychological health, social health, intellectual health, spiritual health, environmental health, and career health.

88. 2. Q: What are the 3 causes of pain?

89. A: Mechanical, chemical and perceptual

90. 3. Q: What is visceral pain?

91. A: Pain created by your internal organs from various systems in your body

92. 4. Q: What is the acronym for the 7 warning signs for cancer and then name the signs.

93. A: The acronym is: CAUTION. And the 7 warning signs are:

94. Change in bowel or bladder habits,

95. A sore that does not heal,

96. Unusual bleeding or discharge,

97. Thickening or lump in breast or elsewhere,

98. Indigestion or difficulty swallowing,

99. Obvious change in a wart or mole, and

100. Nagging cough or hoarseness

101. 5. Q: Name the 4 cancers that are prevalent in young adults.

102. A: Malignant melanoma, testicular cancer, cervical cancer, and breast cancer

103.

104. **Questions for March 17 Lecture: Mind-Body Communications and Wellness**

105.

106. 1. Q: How can you counteract ANS- mediated arousal?

107. A: By putting 20-30 minutes or more of quiet time into our lives each day

108. 2. Q: What 3 methods of producing relaxation response were discussed in class?

109. A: Mantra meditation, progressive muscle relaxation, guided imagery

110. 3. Q: What does the American Institute of Stress recommend that we do while using a computer?

111. a) stretch

112. b) practice slow, deep breathing

113. c) exercise

114. d) sing

115. A: b) Practice slow, deep breathing

116. 4. Q: What are psychosomatic illnesses?

117. A: These are illnesses that are due to negative mental states and attitudes. States of mind such as anxiety, depression, and stress can have a harmful change of the body's physiology. Psych refers to the mind and Soma refers to the body; hence the name: psychosomatic.

118. 5. Q: What is autogenic training?

119. A: Autogenic training involves having a person learn to concentrate on 1 of 6 autogenic phrases for a minimum of a few minutes per day for a week or longer. The goal of this type of training is to be able to attain a deep sense of relaxation within a matter of seconds in order to benefit from healthful physiological changes.

120.

121. **Questions for March 24 Lecture: Stress and Psychology**

122.

123. 1. Q: What are the 3 stages of general adaptation syndrome?

124. A: 1. The alarm reaction

125. 2. The stage of resistance or adaptation

126. 3. The stage of exhaustion

127. 2. Q: What are the 3 things, discussed in class, that can cause a fetus intrauterine stress?

128. A: Maternal malnutrition, smoking and alcohol

129. 3. Q: Name 4 examples of indicators of stress

130. A: Dialation of pupils, sweaty palms, increase in heart rate and force of heart beat, and rise in systolic blood pressure

131. 4. Q: Name 5 generalizations of the character of stressors

132. A: 1. They are external stimuli so therefore, the perception of the individual is critical

134. 2. They are often injurious, unpleasant, or painful stimuli, but not always

135. 3. Anything that is perceived as a threat, whether real or imagined, arouses fear or anxiety

136. 4. The reaction to stressors differs with each individual and in one individual at different times.

137. 5. Stress can occur in the developing fetus. This type of stress is referred to as prenatal stress

138. 5. Q: What is General Adaptation Syndrome (GAS)?

139. A: It is the syndrome or group of changes that make the presence of stress in the body known

140.

141. Questions on Digestive System:

142.

1. which part of the mouth prevents food from going upwards to your nose?

a. Tongue

b. Saliva

c. The uvula

d. None of the above

143.

144. 2. What does GERD stand for?

145. a. Gastro Esophagus Reflex disease
146.
147. 3. What does the gallbladder do?
148. **a. Stores bile**
149. b. Secretes bile
150. c. Secretes juices
151. d. Creates glucose
152.
153. 4. What are the parts of the large intestine?
154. a. Ascending colon, transverse colon, descending colon, sigmoid colon
155.
156. 5. Health consequences due to bulimia include all EXCEPT:
157. a. Teeth decay
158. b. Skin change
159. c. Nail change
160. **d. Change in eye colour**
161.
162. Questions on Skeletal System:
163.
164. 1. What does congenital mean:
165. a. Occurs due to disease
166. b. Unequal muscle pull on the spine
167. c. Genetic
168. **d. Present at birth**
169.
170. 2. Scoliosis is:
171. **a. Lateral curving of the spine**
172. b. Abnormal backward protrusion of the spine
173. c. Curving of spine inward
174. d. None of the above
175.
176. 3. Intervertebral discs are composed of:
177. a. Nucleus pulposus, and annulus fibrosus
178.
179. 4. Bursitis is:
180. **a. Inflammation of bursa**
181. b. Dislocation
182. c. Partial dislocation
183. d. Broken bone
184.
185. 5. Is osteoarthritis a:
186. a. Chronic disease

187. **b. Degenerative disease**
188. c. Acute disease
189. d. Not a disease
- 190.
191. Questions on Women and Men's Health:
- 192.
193. 1. What is the number one cause of death?
194. a. Cancer
195. **b. Heart Disease**
196. c. Smoking
197. d. AIDS
- 198.
199. 2. All of the following are dimensions of health EXCEPT:
200. a. Psychological
201. b. Social
202. c. Environmental
203. **d. Economic**
- 204.
205. 3. Chemical pain is:
206. a. Constant
207. b. Cause by musculoskeletal injuries
208. c. Can be relieved
209. **d. None of the Above**
- 210.
211. 4. To view around a person's full circumference one would use a :
212. a. X-Ray
213. **b. CT**
214. c. PET
215. d. MRI
- 216.
217. 5. All cancers have common characteristics including all of the following EXCEPT:
218. a. Abnormal Cell growth
219. **b. Abnormal Cell death**
220. c. Abnormal Cell division
221. d. Abnormal Cell differentiation
- 222.
223. Questions on Mind-Body Communications
- 224.
225. 1. Major way by which the mind and body communication is through:
226. **a. Autonomic nervous system**
227. b. Reproductive system
228. c. Digestive System

229. d. Skeletal system
- 230.
231. 2. Two Minute Stress reducer includes:
232. a. Center yourself
233. b. Ground yourself
234. c. Empty your mind
235. d. Connect
236. **e. All of the above**
- 237.
238. 3. Placebo effect is:
239. a. The increase of symptoms
240. **b. Sugar pill**
241. c. Adding more medication
242. d. Not giving anything
- 243.
244. 4. Psychosomatic illness are caused by:
245. a. Anxiety
246. b. Depression
247. c. Happiness
248. d. Creativity
249. **e. Answers A and B**
- 250.
251. 5. Somatization disorder is the occurrence of:
252. a. Emotional symptoms
253. **b. Physical symptoms**
254. c. Psychological symptoms
255. d. Mental symptoms
- 256.
257. Questions on Stress:
- 258.
259. 1. Chronic stress can lead to:
260. a. Cancer
261. b. Stroke
262. **c. Hypertension**
263. d. Nothing
- 264.
265. 2. Stress is primarily based on how:
266. a. You perceive the stimuli
- 267.
268. 3. Stage of exhaustion is when:
269. a. Stress disappears
270. b. Become immune to your stressor

271. c. **Body can no longer cope with the stressor**
272. d. There is no stage of exhaustion
- 273.
274. 4. Top stressor for adults include all of the following EXCEPT:
275. a. Money
276. b. Relationships
277. c. **Sports**
278. d. Personal Health Concerns
- 279.
280. 5. Being a teenager comes with stress because:
281. a. Personal identity
282. b. Self-concept
283. c. Stressful Transition
284. d. Social Relationships
285. e. **All of the above**
286. **1. Digestive system/ Eating disorder**
287. 1. Which of the following organs is the primary region for food and water absorption?
288. a. Rectum
289. b. **Small intestine**
290. c. Pancreas
291. d. Gall bladder
292. 2. The liver is one of the accessory organs.
293. **True** or False
294. 3. Which of the following organs is NOT part of the digestive system?
295. a. Liver
296. b. Stomach
297. c. **Lungs**
298. d. Pancreas
299. 4. Anorexia Nervosa is a
300. a. **Psychiatric disorder**
301. b. Genetic disorder
302. c. Neurobiological disorder
303. d. Bipolar disorder
304. 5. How does an anorexic control his/her body weight?
305. a. Voluntary starvation
306. b. Excessive exercise
307. c. Purging
308. d. **All of the above**
309. **2. Diseases of skeletal system/ Posture and back care**
310. 1. An open fracture is also known as a compound fracture.
311. **True** or False
312. 2. In a greenstick fracture,

313. a. The entire bone is broken
314. **b. Only one side is broken and the bone is bent**
315. c. The bone is broken into multiple pieces
316. d. None of the above
317. 3. A bone tumor can result in fractures.
318. **True** or False
319. 4. If your lower back pain develops slowly over time, comes and goes, occurs during walking or standing upright, and improves with rest, you may have the symptoms of _____.
320. a. Herniated disk
321. b. Degenerative disk disease
322. **c. Lumbar spinal stenosis**
323. d. None of the above
324. 5. Psycho-social factors such as depression, stress, and job dissatisfaction can trigger back pain.
325. **True** or False
326.

327. **3. Women and men's health**

328. 1. Which of the following is NOT part of the seven dimensions of health?
329. a. Physical health
330. b. Social health
331. **c. Public health**
332. d. Environmental health
333. 2. Signs are subjective and symptoms are objective.
334. **True** or **False**
335. 3. Which of the following is an example of skin cancer?
336. a. Basal cell carcinoma
337. b. Squamous cell carcinoma
338. c. Malignant carcinoma
339. **d. All of the above**
340. 4. Cancer is the second leading cause of death worldwide.
341. **True** or **False**
342. 5. Which of the following are carcinogens?
343. a. Silicon
344. b. Insecticide
345. c. Tobacco
346. **d. All of the above**
347.

348. **4. Mind Body Communications**

349. 1. Which of the following is not a way to promote health, prevent disease, and foster healing in times of illness?
350. a. a. Biofeedback

351. b. b.Hypnosis
352. c. c.Meditation
353. **d. d.Exercising**
354. 2. A major way by which the mind and body communicate is through the ANS.
355. **True** or False
356. 3.What does ANS stand for?
357. **a. a.Autonomic Nervous System**
358. b. b. Automatic Nervous System
359. c. c.Autonomic Nervous Structure
360. d. dAutomatic Neuron System
361. 4. Through which system does the mind affect physiology?
362. a. a.Digestive system
363. **b. b.Endocrine system**
364. c. c.Urinary system
365. d. d.Skeletal system
366. 5. The immune system releases special chemicals called serotonin.
367. True or **False**
368. **5. Stress and Psychology**
369. 1. Stress affects people of all ages.
370. **True** or False
371. 2. What does GAS represent?
372. a. a.General Autonomic System
373. b. b.Gastroenterological Adaptation Syndrome
374. **c. c.General Adaptation Syndrome**

375. d. d.General Adaptation System
376. e. None of the Above
377. 3. Which of the following is not a stage of the General Adaptation Syndrome?
378. a. a.The alarm reaction
379. b. b.The stage of resistance or adaptation
380. c. c.**The stage of depression**
381. d. d.The stage of exhaustion
382. 4. Stress is any stimulus that directly or indirectly stimulates white blood cells of the hypothalamus.
383. True or **False**
384. 5. Stress Syndrome and Stress Response mean the same thing.
385. **True** or False