

DISEASES OF THE HUMAN BODY COURSE POST-TEST

CHAPTER ONE: THE DISEASE PROCESS

1. The inflammatory response rushes leukocytes to a site of infection, where the invading organisms are engulfed and destroyed by:
A phagocytosis B cellular synthesis C passive transport D apoptosis
2. Polymorphonuclear leukocytes are white blood cells (WBCs) that possess a nucleus of _____ or more lobes or parts.
A 50 B 75 C 100 D 200
3. _____ are the smallest microorganisms, visible only through the use of electron microscopy.
A Protozoa B Viruses C Bacteria D Fungi
4. _____ is a lack of oxygen coupled with accumulating carbon dioxide in the blood.
A Shortness of breath B Asphyxiation C Emphysema D Asthma
5. A body mass index (BMI) over _____ reduces the life span by 8 to 10 years.
A 10 B 20 C 40 D 30

CHAPTER TWO: INTEGRATIVE MEDICINE AND . . . THERAPY

6. The German physician and chemist, Samuel _____ (1755-1843), questioned the inherent limitations of "allopathic medicine".
A Klein B Färber C Hahnemann D Schuhmacher
7. Bioelectromagnetic or _____ therapies concentrate on modifying the disease process by directing energy within or through the body.
A elektrokinetic B bioenergetic C thermokinetic D electrokinetic
8. One study that followed 30,000 people on six continents showed that changing lifestyle could prevent _____ % of all heart disease.
A 40 B 55 C 73 D 90

CHAPTER THREE: PAIN AND ITS MANAGEMENT

9. _____ pain occurs when the blood supply to the heart muscle is disrupted.
A Angina B Breakthrough C Phantom D Psychogenic
10. Research show that culture generally does not influence how a person perceives pain but does influence how a person responds to pain.
A True B False
11. Acupuncture, which originated in China more than 5,000 years ago, began to receive attention in Western culture in the:
A 1960s B 1980s C 1970s D 1990s

CHAPTER FOUR: INFECTIOUS AND COMMUNICABLE DISEASES

12. The incubation period for viral hemorrhagic fevers is 2 - _____ days.
A 5 B 10 C 14 D 21
13. H1N1 was raise to the pandemic level by the WHO (World Health Organization) in June:
A 2005 B 2007 C 2009 D 2011
14. The WHO estimates there are 300 to 500 million cases of malaria in the world and that nearly _____ people die from the infection.
A 200,000 B 1 million C 500,000 D 5 million
15. Plague is caused by the _____ bacterium found in the fleas of rodents.
A Elusimicrobia B Yersinia pestis C Gemmatimonadetes D Synergistetes
16. The coryza or _____ is an acute infection that causes inflammation of the upper respiratory tract.
A common cold B streptococcal pharyngitis C tracheitis D croup
17. The CDC reports that approximately _____ of the population are colonized in the nose with staphylococci at a given time.
A 25% to 30% B 40% C 55% D 5% to 10%
18. If the CD4 lymphocyte cell number drops below _____, an individual is said to have AIDS.
A 50 B 100 C 150 D 200
19. The Bordetella pertussis bacterium has an incubation period of _____ days.
A 2 B 5 C 7 to 10 D 27 to 30

CHAPTER FIVE: CANCER

20. There are over _____ different types of cancer, and most are multifactorial, meaning that many factors contribute to the cancer.
A 20 B 50 C 100 D 200

21. Bacterial infections have recently been tied to cancer. Chronic infections are related to about _____ % of cancers.
A 10 B 20 C 30 D 40

22. _____ surgery is done to remove as much of a tumor as possible without destroying an organ or tissues close by.
A Exploratory B Debulking C Reconstructive D Replantation

CHAPTER SIX: CONGENITAL DISEASES AND DISORDERS

23. _____ septal defect (ASD) is an abnormal opening between the right and left atria.
A Atopic B Azotemia C Atrial D Acute

24. A bluish discoloration of the skin and mucous membranes is called:
A cyanosis B keloids C impetigo D melasma

25. If the individual is heterozygous for the hemoglobin S gene, that individual is said to possess _____ trait.
A anemia B sickle cell C hemophilia D thalassemia

26. Athetoid cerebral palsy affects _____ % of children with cerebral palsy.
A 20 B 5 C 10 to 15 D 50

27. Pyloric stenosis causes obstruction of the flow of _____, a mixture composed of partially digested food and gastric secretions.
A carbonic anhydrase B alkaline tide C chyme D bicarbonate

28. In congenital hip dysplasia, the _____ sign refers to the "clunk" felt when an examiner abducts and lifts the femurs of a supine infant.
A Orogami B Olivieri C Odoardi D Ortolani

29. Down syndrome, also called trisomy _____, is the most common single cause of congenital abnormalities.
A 20 B 21 C 22 D 23

CHAPTER SEVEN: MENTAL HEALTH DISEASES AND DISORDERS

30. The Mental Health _____ Act (MHPA) requires that mental health/addiction issues have equal insurance benefits as medical issues.
A Pain B Proposal C Portier D Parity

31. Nearly _____ million US adults have a depressive illness.
A 19 B 14 C 11 D 9

32. In general, antidepressants must be taken regularly for _____ weeks before the full therapeutic effect occurs.
A 1 B 3 to 6 C 11 D 12 to 15

33. _____ refers to the inability to speak owing to a mental condition or symptoms of dementia, attention deficit, and avolition.
A Alogia B Aphasia C Broca's syndrome D Epenthesis

34. _____ personality disorder refers to a pattern of feelings of inadequacy, hypersensitivity to negative criticism, and social inhibition.
A Narcissistic B Borderline C Avoidant D Antisocial

35. Drinking is most prevalent between the ages of 21 and 34, but about _____ % of 12 to 17 year-olds have a serious drinking problem.
A 3 B 7 C 19 D 11

36. It is estimated that about _____ % of the variance in alcohol dependence is due to genetic factors.
A 50 to 60 B 5 to 10 C 10 to 15 D 40 to 45

37. In children, ADHD (attention deficit-hyperactivity disorder) is _____ times more common in boys than girls.
A two B three C four D five

CHAPTER EIGHT: SKIN DISEASES AND DISORDERS

38. In 2009 it was reported that nearly _____ people in the US had either a cosmetic surgical or nonsurgical procedure performed.
A 2 million B 4 million C 7 million D 10 million

39. Acne _____ is a very common inflammatory disease of the sebaceous glands and hair follicles.
A gigantis B vulgaris C papules D grade IV

40. A furuncle, or _____, is an abscess involving the entire hair follicle and adjacent subcutaneous tissue.
A cyst B boil C dermatofibroma D lipoma

41. Pediculosis is skin infestation with _____, a parasitic insect affecting several millions of individuals each year.
A ticks B worms C lice D clover mites

42. A decubitus _____ is a localized area of dead skin and subcutaneous tissue.
 A ulcer B papule C pustule D macule
43. Tinea _____, or ringworm, occurs on exposed skin surfaces in persons with a history of exposure to infected domestic animals.
 A unguium B capitis C pedis D corporis
44. Nearly _____ % of people with vitiligo have a family member with the condition.
 A 10 B 20 C 30 D 40
45. Cold sores and fever blisters usually resolve within _____ week(s).
 A 1 to 3 B 5 C 7 D 1

CHAPTER NINE: MUSCULOSKELETAL DISEASES AND DISORDERS

46. Smooth muscle is also called involuntary muscle because it is found in the walls of organs and its function is not consciously controlled.
 A True B False
47. About 1 in every _____ persons will experience a herniated disc.
 A 25 B 50 C 75 D 100
48. _____ disease is a chronic metabolic skeletal disease.
 A Gaucher's B Paget C Osteonecrosis D Porotic hyperostosis
49. A Colles fracture refers to a break in the end of the _____ causing the wrist to extend and shorten.
 A ulna B scaphoid C radius D lunate
50. _____ is a chronic disorder of uric acid metabolism.
 A Gastritis B Gout C Gastroparesis D Crohn's disease
51. Plantar fasciitis is a common condition that results from irritation of the ligament on the bottom of the foot that connects the:
 A heel to the metatarsals B metatarsals to the toes C heel to the toes D proximal- distal ends of MTs
52. _____ is a chronic, progressive neuromuscular disease that produces progressive weakness and exhaustion of the skeletal muscles.
 A Myasthenia gravis B Charcot-Marie disease C Dejerine-Sottas disease D Friedreich's ataxia
53. _____ is a chronic, progressive disease of the connective tissue causing edema, inflammation, and degeneration of skeletal muscles.
 A Polymyositis B Amyotrophic lateral sclerosis C Phosphorylase deficiency D Phosphofructokin syndrome

CHAPTER TEN: NERVOUS SYSTEM DISEASES AND DISORDERS

54. The sensory neurons coming from the skin, skeletal muscles, and joints are called:
 A visceral B somatic C calcium-based D supportive
55. Cranial nerve _____ (vestibulocochlear) supports the sense of hearing and equilibrium.
 A III B IV C X D VIII
56. Migraines are not psychogenic. Migraine headaches are occasioned by changes in the cerebral blood flow.
 A True B False
57. A 15-point test called the _____ Coma Scale is used to test the severity of a traumatic brain injury.
 A Huntington B Gerhardtsson C Glasgow D Hallman
58. Spinal cord trauma at or above _____ in the cervical portion of the vertebral column may result in quadriplegia.
 A C7 B C6 C C5 D C4
59. _____ ischemic attacks (TIA) are temporary, often recurrent episodes of impaired neurological activity from insufficient brain blood flow.
 A Tertiary B Transient C Temporal D Thrombic
60. There is no known prevention for Parkinson disease.
 A True B False
61. Brain tumors are the _____ most common cancer in children.
 A first B second C third D fourth

CHAPTER ELEVEN: ENDOCRINE SYSTEM DISEASES AND DISORDERS

62. _____ is manufactured in the adrenal cortex and is responsible for releasing glucose to the brain.
A Aldosterone B Inhibin C Calcitonin D Cortisol
63. The parathyroid hormone regulates _____ and phosphates in blood.
A potassium B sodium C calcium D iron
64. Regarding polyuria and polydipsia, as much as _____ liters of dilute urine may be produced in 24 hours.
A 2 to 3 B 4 to 16 C 20 to 27 D 1 to 2
65. Endemic or colloid goiter is the result of insufficient dietary intake of:
A potassium B iodine C iron D calcium
66. _____ thyroid cancer accounts for about 80% of thyroid cancer, according to the National Cancer Institute.
A Papillary B Follicular C Anaplastic D Medullary
67. _____ thyroid cancer is very aggressive and usually occurs in people over age 60, but is also very rare.
A Papillary B Follicular C Anaplastic D Medullary
68. One cause of _____ syndrome is bilateral hyperplasia of the adrenal glands due to elevated serum levels of ACTH.
A Behcet's B Leriche's C Eisenmenger's D Cushing
69. Polycystic ovary syndrome (PCOS) affects about 1 in _____ women in the United States.
A 10 B 100 C 1,000 D 10,000

CHAPTER TWELVE: CARDIOVASCULAR/LYMPHATIC SYSTEMS DISEASES . .

70. The heart and blood vessels work to pump and circulate the equivalent of _____ quarts of blood through the heart every 24 hours.
A 2,300 B 4,500 C 7,200 D 9,800
71. Pericarditis typically lasts from _____ weeks but can recur, usually within a few months of the original episode.
A 5 to 7 B 10 to 15 C 1 to 3 D 17 to 22
72. If caused by bacteria, endocarditis is curable when treated early with antibiotics.
A True B False
73. An immediate result of inadequate blood supply to the myocardium is a burning, squeezing, and tightness in the chest (_____).
A neuropathy B angina C heartburn D atrial fibrillation
74. Regarding atrial fibrillation, a treatment aimed at resetting the heart's rhythm to normal sinus rhythm is known as:
A cardioversion B Norwood procedure C Ross procedure D Ebstein's anomaly repair
75. Symptoms of impending cardiac arrest may include sudden tachycardia or bradycardia (_____).
A an abnormal heartbeat B a rapid heartbeat C a faint heartbeat D a slowed heartbeat
76. _____ veins are enlarged, twisted, superficial veins.
A Spider B Hamilton's C Varicose D Tentacle
77. The term _____ refers to a neoplasm of hematopoietic tissue that is related to the blood cells in the bone marrow.
A leukemia B osteosarcoma C fibrosarcoma D Ewing's sarcoma
78. Hodgkin lymphoma has two peaks of incidence: one in the early _____ and the other after age 50.
A teens B 40s C 30s D 20s

CHAPTER THIRTEEN: RESPIRATORY SYSTEM DISEASES AND DISORDERS

79. Sinusitis is usually caused by pneumococcal, streptococcal, or _____ influenza bacterial infections.
A H7N3 B H5N1 C Haemophilus D Escherichia coli
80. Most of the time, laryngitis comes on quickly and lasts no more than _____ week(s).
A 1 B 2 C 3 D 4
81. A Legionella infection is an acute bronchopneumonia disease.
A True B False

82. An umbrella term that includes pulmonary emphysema and chronic bronchitis, COPD affects _____ million Americans.
 A 4 B 7 C 9 D 12
83. Regarding the prognosis with lung abscess, about _____ of individuals develop emphysema or pus in the pleural space.
 A 1/2 B 1/3 C 1/4 D 1/5
84. Regarding asbestosis, chest x-rays show a "_____" or "ground glass" appearance.
 A speckled B striated C honeycomb D coin-slot
85. Spontaneous pneumothorax is caused by the rupturing of a small _____, commonly called a blister, along the surface of the lung.
 A blurb B bleb C blub D blob
86. Cor pulmonale is hypertrophy and failure of the _____ of the heart.
 A left atrium B right atrium C left ventricle D right ventricle
87. _____ is a yeast infection of the mucus membrane lining of the mouth and tongue.
 A Migratory stomatitis B Herpes simplex C Thrush D Stomatognathic disease

CHAPTER FOURTEEN: DIGESTIVE SYSTEM DISEASES AND DISORDERS

88. Digestion is completed in the small intestine, a tube about _____ feet long.
 A 20 B 15 C 10 D 5
89. GERD is a risk factor for developing _____ esophagus, the predominant precursor to esophageal adenocarcinoma.
 A Chagas B Barrett C Mallory-Weiss D Zenker
90. Regarding peptic ulcer cases, from _____ % of individuals develop complications that necessitate surgery.
 A 5 to 10 B 12 to 15 C 20 to 22 D 23 to 30
91. The hallmark of irritable bowel syndrome is _____ with constipation alternating with diarrhea.
 A abdominal pain B abdominal distention C frequent urination D bloody stool
92. _____ disease, sometimes called regional enteritis or granulomatous colitis, is a serious, chronic inflammation, usually of the ileum.
 A Vasculitides B Eosinophilic enteritis C Spondyloarthropathies D Crohne
93. About _____ % of individuals in the United States have appendicitis each year.
 A 2 B 4 C 7 D 9
94. Strangulation of the intestine is *not* considered a medical emergency.
 A True B False
95. One nonsurgical option for cholelithiasis, extracorporeal shock wave lithotripsy with lytholytic therapy, is effective in _____ of cases.
 A 5% B 9% C 15% D 22%
96. If diagnosed early and localized, colorectal cancer is potentially curable in about _____ % of cases.
 A 45 B 60 C 75 D 90

CHAPTER FIFTEEN: URINARY SYSTEM DISEASES AND DISORDERS

97. Each kidney contains more than 1 _____ nephrons, which are the principle filtering units of the kidney.
 A thousand B hundred thousand C million D billion
98. The _____ root is an herb with a long and well-documented history as an antimicrobial agent.
 A ginseng B daikon C goldenseal D beta vulgaris
99. If the urine is "foamy" in cases of glomerulonephritis, it is likely an indication of proteinuria (excessive levels of _____) in the urine.
 A plasma B serum protien C various bacteria D protozoa
100. Between _____ of the cases of nephritic syndrome result from some form of glomerulonephritis.
 A 40% and 45% B 50% and 55% C 30% and 35% D 70% and 75%
101. It is reported that nearly _____ people are waiting for kidney transplants in the United States, but only 16,000 will get them each year.
 A 86,000 B 72,000 C 51,000 D 44,000

102. Renal cell carcinoma (RCC), also known as renal cell adenocarcinoma, is the most common type of kidney cancer (in _____ of cases).
A 70% B 75% C 85% D 90%

CHAPTER SIXTEEN: REPRODUCTIVE SYSTEM DISEASES AND DISORDERS

103. The epididymides are tubes about _____ feet in length that are coiled on the posterior surface of the testes.
A 3 B 7 C 9 D 20
104. The vulva includes the clitoris, labia majora and minora, and _____ glands.
A Bartholini B Bartholomew C Bartholin D Barthreister
105. Genital human papillomavirus (HPV) is the most common of the STDs. There are over _____ that can infect both men and women.
A 100 B 80 C 40 D 250
106. Trichomoniasis is a protozoal infestation, with about _____ million new cases occurring each year in women and men.
A 2.2 B 7.4 C 3.9 D 5.5
107. Cryoablation of the prostate may be effective in destroying the cancer cells of the prostate by:
A freezing B radiation treatment C manufactured antibodies D excision
108. Endometriosis is the appearance and growth of endometrial tissue in areas outside the endometrium.
A True B False
109. Regarding the treatment for menopause, some individuals need no treatment while others may require hormone _____ therapy (HRT).
A rejuvenation B replacement C replenishment D replicating
110. Fibrocystic breasts are seen more frequently in women ages:
A 18 to 24 B 25 to 29 C 30 to 55 D 56 to 75
111. Spontaneous abortion, or miscarriage, is the expulsion of the conceptus before the _____ week of pregnancy.
A 30th B 22nd C 20th D 27th
112. In placenta previa, the placenta is implanted abnormally _____ in the uterus.
A high B posterior C anterior D low

CHAPTER SEVENTEEN: EYE AND EAR DISEASES AND DISORDERS

113. The _____ is a yellow disc on the retina directly behind the lens.
A cornea B macula C choroid D vitreous chamber
114. Regarding refractive errors of the eye, _____ is a form of farsightedness that causes the eye to lose its ability to focus.
A myopia B astigmatism C presbyopia D hyperopia
115. _____ is a condition in which accumulating fluid pressure within the eye damages the retina and optic nerve, often causing blindness.
A Glaucoma B Retinal detachment C Cataract D Macular degeneration
116. Regarding the treatment of conjunctivitis, warm compresses applied to the eye 3 or 4 times a day for _____ minutes are recommended.
A 3 to 5 B 7 to 10 C 20 to 25 D 10 to 15
117. External otitis (_____) is inflammation of the external ear canal.
A tinnitus B swimmer's ear C presbycusis D fisherman's canal
118. Regarding the treatment for otosclerosis, stapedectomy with prostheses renders good improvement reports from _____ % of clients.
A 35 B 55 C 73 D 85
119. The cause of _____ disease is not known, but the disease process appears to destroy the hair cells within the cochlea.
A Ménière's B labyrinthitis C vertigo D Bertrand's
120. Approximately _____ % (36 million) of American adults report some degree of hearing loss.
A 3 B 5 C 9 D 17

DISEASES OF THE HUMAN BODY COURSE POST-TEST ANSWER SHEET

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1		25		49		73		97	
2		26		50		74		98	
3		27		51		75		99	
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5		29		53		77		101	
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15		39		63		87		111	
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