CHAPTER ONE: INTRODUCTORY, SUMMARY, AND CONCLUSIONS

1. The Advisory Committee concluded that cigarette smoking is associated with ——— higher all-cause mortality rates among men.

| A | 70% | B | 35% | C | 12% | D | 54% |

2. Although cigarette smoking has declined significantly since ———, very large disparities in tobacco use remain across various groups.

| A | 1988 | B | 2001 | C | 1964 | D | 1977 |

3. The evidence (from this report) is sufficient to infer a causal relationship between smoking and hepatocellular carcinoma.

| A | True | B | False |

4. The evidence is ——— to infer a causal relationship between active smoking and the incidence of asthma in adolescents.

| A | inadequate | B | inconclusive | C | sufficient | D | suggestive but not sufficient |

5. In the United States, the prevalence of current cigarette smoking among adults has declined from 42% in 1965 to ———% in 2012.

| A | 18 | B | 32 | C | 12 | D | 20 |

CHAPTER TWO: FIFTY YEARS OF CHANGE – 1964 - 2014

6. Today, the prevalence of smoking among U.S. adults is about:

| A | 12% | B | 20% | C | 33% | D | 5% |

7. During "The Cigarette Century", there was a sharp rise in tobacco consumption to a peak in the ——— and then a decline that has continued over the rest of the decades.

| A | 1950s | B | 1960s | C | 1970s | D | 1980s |

8. In 1929, Surgeon General Hugh S. ——— warned about the hazards of tobacco.

| A | Koop | B | Hamilton | C | Wilson | D | Cumming |

9. The 1964 ——— report concluded that "Cigarette smoking is a health hazard of sufficient importance in the United States to warrant appropriate remedial action".

| A | FDA | B | Advisory Committee's | C | PHS | D | Surgeon General's |

10. In 1954, ———% of respondents believed that smoking was harmful to health.

| A | 50 | B | 60 | C | 70 | D | 80 |

11. Surgeon General ———, appointed by President Richard M. Nixon in December 1969, helped to bring public attention to the effects of smoking on non-smokers.

| A | J. L. Steinfeld | B | M. H. Kluger | C | S. Rothstein | D | J. Proctor |

12. By 1970 there was a US $——— million a year industry of for-profit smoking cessation programs.

| A | 50 | B | 14 | C | 3 | D | 38 |

13. The 1994 ——— report on Preventing Tobacco Use Among Young People emphasized that tobacco use and addiction almost always begins before 18 years of age.

| A | MSA | B | ASSIST | C | NCI | D | Surgeon General's |

14. At a 1994 hearing, ——— tobacco company CEOs insisted that they believed nicotine was not addictive and not a cause of disease.

| A | three | B | seven | C | four | D | five |

15. Today, the overall prevalence of U.S. adult smoking is around ———%, less than one-half of what it was in 1964.

| A | 10 | B | 15 | C | 20 | D | 25 |

16. In ——— U.S. Surgeon General Luther L. Terry appointed a committee to submit a report over the current data on smoking and health.

A   1964   B   1972   C   1988   D   1954

17. Cigarette manufacturers and their spokespersons claimed that only ——— could lead to evidence establishing causation.

A   statistical methods   B   experimental approaches   C   observational studies   D   epidemiologic approaches

18. Throughout the report, evidence on disease ——— for each specific disease is synthesized, and a judgment on causation is made.

A   history   B   prevalence   C   acuity   D   causation

19. Generally, the term " ———" refers to the systematic analysis and quantitative summarization of the findings of multiple studies containing evidence to address the same question.

A   meta-analysis   B   research synthesis   C   systematic review   D   content analysis

20. The ——— for Smoking and Health prepared the initial series of reports (1967–1976) which followed the 1964 Surgeon General's report.

A   National Center   B   National Institute   C   National Clearinghouse D   National Convention

21. ——— used to be referred to as "chronic bronchitis" or "emphysema".

A   diffuse panbronchiolitis   B   COPD   C   tuberculosis   D   obliterative bronchiolitis

22. Numerous risk factors were identified and classified by the ——— Burden of Disease project into groups, including air pollution, etc.

A   Human   B   Global   C   Societal   D   National

23. The list of cancers causally linked to active smoking lengthened with the 2004 report, which added cervical cancer and:

A   pancreatic   B   stomach   C   colorectal   D   acute myeloid leukemia

24. The topic of secondhand smoke was first considered in the 1972 Surgeon General's report, " ———".

A   Chronic Obstructive Lung Disease   B   Smoking and Health   C   The Health Consequences of Involuntary Smoking   D   Health Consequences of Smoking

25. This report concludes that evidence is sufficient to identify mechanisms by which cigarette smoking may cause breast cancer.

A   True   B   False

26. This report concludes that evidence shows that the decline of squamous carcinoma follows the trend of declining smoking prevalence.

A   True   B   False

27. The ——— Surgeon General's report notes that evidence is sufficient to infer a causal relationship between smoking and stroke.

A   1997   B   2001   C   2004   D   2007

28. This report concludes that the evidence is sufficient to infer a(n) ——— relationship between smoking and mortality due to tuberculosis.

A   causal   B   direct   C   indirect   D   non-

29. Quoting the Surgeon General's 2014 report, "The evidence is sufficient to infer a causal relationship between maternal active smoking and spontaneous abortion".

A   True   B   False

30. This report concludes that evidence is sufficient to infer a ——— relationship between maternal active smoking and ectopic pregnancy.

A   non-   B   indirect   C   direct   D   causal

31. This report concludes that the risk of developing diabetes is ———% higher for active smokers than nonsmokers.

A   20-25   B   30-40   C   12-15   D   5-10

32. According to the conclusions reached by the Advisory Committee to the Surgeon General in 1964, cigarette smoking does not appear to cause:

A reduction in ventilatory function   **B** pulmonary emphysema   **C** chronic bronchitis   **D** asthma

33. According to the conclusions reached by the Advisory Committee to the Surgeon General in 1964, women who smoke cigarettes during pregnancy tend to have babies:

A of lower birth weight   **B** with jaundice   **C** after 42 weeks of pregnancy   **D** with a bloated stomach

34. According to Surgeon General's reports of 1978, overall mortality rates for cigarette smokers are about ——— percent higher than those for nonsmokers.

A 30   **B** 45   **C** 55   **D** 70

CHAPTER FIVE: **NICOTINE**

35. More than ———% of nicotine absorbed into the body undergoes metabolism in the liver.

A 80   **B** 40   **C** 30   **D** 50

36. Experimental use of cigarettes can transition to regular smoking relatively quickly, with the smoking of as few as ——— cigarettes.

A 300   **B** 400   **C** 500   **D** 100

37. Over ——— live-born infants in the United States are exposed in utero to tobacco from maternal smoking annually.

A 400,000   **B** 100,000   **C** 80,000   **D** 250,000

38. The 2004 Surgeon General's report concluded that "the evidence is sufficient to infer a causal relationship between maternal smoking during pregnancy and a reduction of ——— in infants".

A mobility   **B** sleeping time   **C** lung function   **D** milk consumption

39. Researchers have suggested that smoking may have cognition-enhancing properties, such as improvements in sustained attention, reaction time, and memory.

A True   **B** False

40. Schizophrenia and attention deficit ——— disorder (ADHD), are characterized by a high prevalence of smoking among those affected.

A hypo activity   **B** hypertension   **C** hyperactivity   **D** hepatic

41. According to early studies, nicotine-induced release of dopamine to individuals with schizophrenia could ——— attention and processing symptoms and sensory-gating deficits in schizophrenia.

A intensify   **B** improve   **C** slow down   **D** eliminate

42. All tobacco products contain ———, so all tobacco product use poses some health risks.

A nicotine   **B** formaldehyde   **C** toxicant   **D** acetone

CHAPTER SIX: **CANCER**

43. For lung cancer, given a 5-year survival rate of around ———%, incidence and death rates are close.

A 43   **B** 35   **C** 25   **D** 15

44. Nicotine addiction leads to the prolonged exposure to tobacco smoke that increases cancer risk for smokers.

A True   **B** False

45. There is convincing evidence for the presence of DNA adducts in the ——— and other tissues of smokers in amounts generally higher than those found in nonsmokers.

A brain   **B** stomach   **C** kidneys   **D** lungs

46. Addiction to nicotine results from its ——— nicotinic acetylcholine receptors (nAChRs).

A binding to   **B** reaction with   **C** transformation to   **D** absorption from

47. According to a 2011 study, tumors from patients with a history of tobacco use had more mutations than did tumors from patients who did not use tobacco, and tumors that were negative for human papilloma virus (HPV) had ——— mutations, than did HPV-positive tumors.

A   different   **B**   more   **C**   no different   **D**   very little

48. Cigarette smoking is the ——— cause of lung cancer in the United States.

A   2nd leading   **B**   predominant   **C**   3rd leading   **D**   4th leading

49. Of the 7,000 or more constituents in tobacco and tobacco smoke, ——— have been identified as carcinogens.

A   39   **B**   69   **C**   15   **D**   22

50. Early efforts to alter the risks of cigarettes focused on reducing the yields of tar and nicotine. As a result, tar and nicotine declined by more than ——— from the 1960s to 1990.

A   20%   **B**   40%   **C**   60%   **D**   80%

51. In the United States, the prevalence of smoking among males has declined since at least the:

A   1950s   **B**   1940s   **C**   1930s   **D**   1960s

52. Tar and nicotine reduction in cigarettes, led smokers to change the way they smoked these cigarettes, resulting in ——— in the total dose of smoke received and in the risks of diseases caused by smoking.

A   significant reduction   **B**   marginal increase   **C**   significant increase   **D**   no meaningful reduction

53. The 40-year follow-up of the British Doctors 'Study from 1951–1991 presents that among never smokers, rates of lung cancer mortality were ——— across calendar years.

A   marginally increase   **B**   relatively constant   **C**   significantly increased   **D**   significantly decreased

54. Adenocarcinoma of the lung has been increasing in the United States since the:

A   1940s   **B**   1950s   **C**   1960s   **D**   1970s

55. Rates of squamous cell and small cell carcinoma have been declining in men since the early- to mid-1980s, while rates of adenocarcinoma ——— until the 1990s.

A   follow the same trend   **B**   did not peak   **C**   declined faster   **D**   were relatively constant

56. Interpreting age-standardized rates of lung cancer is difficult because of variations in the prevalence of smoking, in the distribution of duration of smoking, and in the ——— in the U.S. population over the past several decades.

A   daily consumption   **B**   nicotine content of cigarettes   **C**   type of smoked tobacco   **D**   distribution of the duration of abstinence

57. Recent analyses suggest that increasing risk of lung cancer over time may be associated with:

A   the increase of female smokers   **B**   the age of the smokers   **C**   changes in the design or composition of cigarettes   **D**   previous pneumonia incidents

58. The level of ———, a metabolite of NNK, in the urine of smokers has been shown to be an independent predictor of risk for lung cancer.

A   KNN   **B**   KNLA   **C**   NNAL   **D**   LANN

59. The incidence rate of adenocarcinoma has ——— as a proportion of lung cancer in most countries.

A   increased   **B**   been flattened   **C**   slightly decreased   **D**   significantly decreased

60. It has been demonstrated that increasing filter ventilation increases the mutagenicity of the resultant tar on a per-mg of tar basis.

A   True   **B**   False

61. Evidence supports a ——— in the mutagenicity of tobacco tar as the level of machine-measured tar falls.

A   modest decrease   **B**   large decrease   **C**   modest increase   **D**   large increase

62. Most countries have experienced increases in the proportion of all lung cancers that are adenocarcinoma, but in the United States, where ——— cigarettes are used, adenocarcinoma has increased more steeply.

A light in tar   **B** blended   **C** significantly more   **D** high nicotine

63. Levels of ——— of NNK, a tobacco-specific nitrosamine, are an independent risk predictor for the occurrence of lung cancer after controlling for the intensity and duration of smoking.

A a metabolite   **B** an amino acid   **C** a chiral alkaloid   **D** a receptor

64. Primary liver cancer, the great majority of which is ——— carcinoma (HCC), generally presents at an advanced stage.

A hepatocellular   **B** hepatoconcurrent   **C** hepatocumulative   **D** hepatocorrelated

65. Since the 2004 report, ——— have been published or identified that report on the association between smoking and liver cancer.

A 20 additional studies   **B** 90 additional studies   **C** 50 additional studies   **D** 60 additional studies

66. Despite substantial geographic variation and the distribution of etiologic factors, smoking was consistently related to increased risk for ——— in all geographic regions.

A HCV   **B** HBV   **C** HIV   **D** HCC

67. In a series of case-control studies from Greece, smoking was consistently associated with HCC, but the associations were more pronounced among ——— persons.

A HBV-negative   **B** HCV-negative   **C** HBV-positive   **D** HCV-positive

68. Data combined from 26 studies indicated a ———% increased risk of HCC from ever smoking.

A 40   **B** 25   **C** 55   **D** 12

69. A substantial body of evidence documents the association between smoking and primary liver cancer.

A True   **B** False

70. In ——— , IARC classified smoking as a cause of HCC.

A 2001   **B** 2004   **C** 2008   **D** 2014

71. Colorectal cancer—that is, cancer of the colon or rectum—is the ——— most common type of cancer in the United States.

A second   **B** third   **C** fourth   **D** fifth

72. Most cancers of the colon and rectum are:

A ductal carcinomas   **B** basal cell carcinomas   **C** squamous cell carcinomas   **D** adenocarcinomas

73. Cigarette smoke contains many carcinogens that can reach the large bowel via the circulatory system. These do not include:

A PAHs   **B** serotonin   **C** heterocyclic aromatic amines   **D** N-nitrosamines

74. Botteri and colleagues used rigorous search and data extraction techniques to synthesize the evidence for an association between smoking and the risk of adenomatous polyps.

A True   **B** False

75. The evidence now ——— smoking in increasing the formation of polyps, the precursor of colorectal cancer, and possibly in the development of malignancy.

A shows no connection of   **B** shows a slight connection of   **C** points strongly to an effect of   **D** points to other reasons than

76. Evidence suggests that smoking acts in the ——— stages of carcinogenesis.

A middle   **B** middle and late   **C** early   **D** late

77. In 2013, 238,590 American men were expected to be diagnosed with prostate cancer and ——— were expected to die from this disease.

A 29,720   **B** 11,520   **C** 22,600   **D** 54,740

78. The relationship between smoking and risk for prostate cancer was first addressed in the ——— Surgeon General's report on the health consequences of smoking.

A 2001 **B** 2004 **C** 2008 **D** 2012

79. Unlike associations between smoking and other types of cancer such as neoplasms of the lung, the risk of prostate cancer death ——— with an increasing number of cigarettes smoked per day, duration of smoking, or total pack-years.

A does not appear to rise **B** rises fast **C** rises slowly **D** falls slowly

80. ——— cancer is the most frequently diagnosed type of cancer, other than nonmelanoma skin cancers.

A Pancreatic **B** Breast **C** Prostate **D** Colon

81. Cigarette smoke contains thousands of compounds including ——— known to be carcinogens.

A 39 **B** 49 **C** 59 **D** 69

82. During a 2003 study it was observed a significant trend between levels of ——— DNA adducts in normal breast tissue and smoking status, and they measured higher levels of DNA adducts in active and passive smokers than in never smokers.

A UDP-glucuronosyltransfer-ase (UGT) **B** N-glucuronide **C** Cytochrome P450 **D** 4-ABP (arylamine 4-aminobiphenyl)

83. In women, blocking the action of the ER by such agents as tamoxifen, a selective estrogen receptor modulator, or by decreasing estrogen production has been shown to decrease the incidence of breast cancer up to ——— %.

A 20 **B** 30 **C** 40 **D** 50

84. Observational studies have linked cigarette smoking to earlier age at menopause and reduced ——— in postmenopausal women.

A estriol levels **B** bone density **C** progesterone **D** collagen production

85. The available evidence supports biologically plausible mechanisms by which exposure to tobacco smoke could cause breast cancer.

A True **B** False

86. Based on a review of studies published between 1959 and 1983, the 1986 IARC monograph found "a consistent effect of smoking on breast cancer risk".

A True **B** False

87. The 2004 Surgeon General's report on the health consequences of smoking evaluated among others, the influence that cigarette smoking has on endogenous estrogen levels due to changes in metabolism and:

A lowered body weight **B** increased body weight **C** lowered respiratory saturation **D** increased blood pressure

88. A Women's Health Initiative report provided results suggesting that the risk of breast cancer is greater in ——— women who smoke.

A younger **B** obsese **C** nonobese **D** menopausal

89. Among women with 20 or more years of smoking, significant increased risks were reported for smoking at least ——— cigarettes per day.

A 15 **B** 5 **C** 3 **D** 10

90. A study regarding the risk of breast cancer associated with smoking status, ——— associations with breast cancer in premenopausal Hispanic and American Indian women and/or in postmenopausal non-Hispanic White or Hispanic/American Indian women.

A did not find any significant **B** found significant **C** found slight **D** did not conclude if there are

91. According to Brown and colleagues study (2010), women born in Asia and more recent migrants (<8 years) to the West had ——— risk of breast cancer regardless of smoking history than women born and raised in the West or a Western-style country.

A a lower **B** a higher **C** double the **D** half the

92. Breast cancer is recognized as a heterogeneous disease with many associated risk factors, which do not include:

A family history of breast cancer in first-degree relatives **B** mammographically dense breasts **C** previous augmentation mammoplasty **D** increased levels of endogenous estrogen

93. Most studies indicate that only about ———% of never smokers report no passive exposure.

A 10-20   **B** 30-35   **C** 22-25   **D** 40-45

94. Results suggest that active smoking of long duration (20 or more years) increases the risk for breast cancer by a significant average of:

A 10%   **B** 8%   **C** 15%   **D** 5%

95. Studies results for earlier age at smoking initiation and smoking before first pregnancy ——— the hypothesis that smoking has greater carcinogenic effects during periods in which breast tissue is less differentiated and theoretically more susceptible.

A confirm   **B** do not support   **C** strengthen   **D** question

96. Women who smoke—primarily current, heavy smokers—experience menopause at an earlier age than those who do not smoke.

A True   **B** False

97. Women who smoke—primarily current, heavy smokers—have no higher risk for osteoporosis than those who do not smoke.

A True   **B** False

98. ERs and ——— (PRs) mediate the effects of estrogen and progesterone on the growth, proliferation, and differentiation of breast tumors.

A pineal receptors   **B** phosphorous receptors   **C** potassium receptors   **D** progesterone receptors

99. An estimated ———% of all diagnosed breast cancer is inherited.

A 15-18   **B** 30-40   **C** 5-10   **D** 20-25

100. There is an increased risk of about ———% in women who have the NAT2 slow acetylation phenotype who smoke.

A 40-50   **B** 30-35   **C** 10-15   **D** 5-10

101. The ——— Surgeon General's report was the first to offer a conclusion on passive smoking and cancer.

A 1986   **B** 1974   **C** 1987   **D** 1983

102. The ——— covered 21 studies, identified through 2005, on the health consequences of involuntary exposure to tobacco smoke.

A 1996 Surg. General's report   **B** 2006 Surg. General's report   **C** 2012 Surg. General's report   **D** 1983 Surg. General's report

103. Roddam and colleagues (2007) conducted a study in which exposure to passive smoking at home was defined as living at least ——— with a partner who smoked.

A 6 months   **B** 1 year   **C** 18 months   **D** 2 years

104. Most of the Secondhand Smoke Exposure and Genotype Interaction studies have examined potential modification of the effect of exposure to passive smoking by ——— the phenotype.

A SULT1A1   **B** MnSOD   **C** COM-THL   **D** NAT2

105. Smoking could influence breast cancer mortality through effects on incidence, survival, or both.

A True   **B** False

106. In a Japanese cohort of single-marriage, lifelong never smokers, Hirayama (1984) reported ——— associations between breast cancer mortality and the husband's smoking status.

A no significant   **B** significant   **C** slight   **D** absolute

107. Approximately ——— of women in the United States smoke, with prevalence varying by region.

A 20%   **B** 30%   **C** 35%   **D** 40%

108. Cigarette smoking causes ——— inflammation and oxidative stress and has widespread and complex effects on immune function.

A only pulmonary   **B** systemic   **C** solely lymphatic   **D** only peripheral

109. In studies of lung cancer that had a referent category comprised of former smokers or never smokers, the RRs of developing lung cancer as a second primary were elevated from:

A 2-fold to 4-fold   **B** 3-fold to 9-fold   **C** 6-fold to 18-fold   **D** 6-fold to 24-fold

110. Quitting smoking improves the prognosis of cancer patients.

A True   **B** False

111. Besides smoking, there are several potential confounding factors for liver cancer, which don't include:

A alcohol consumption   **B** infection with hepatitis A virus   **C** infection with hepatitis B virus   **D** infection with hepatitis C virus

CHAPTER SEVEN: **RESPIRATORY DISEASES**

112. Cigarette smoking is the most important of the causes of ——— in the United States.

A chronic joint pain   **B** chronic weight gain   **C** chronic blood disorders   **D** chronic bronchitis

113. In 2010, ——— deaths were attributed to COPD.

A 133,575   **B** 94,556   **C** 81,668   **D** 12,198

114. Severe AAT deficiency is found in approximately 1 in ——— Americans.

A 2,000   **B** 3,000   **C** 300   **D** 200

115. Both the chromosome ——— region and the chromosome 19q region have been associated with smoking pattern.

A 5q25   **B** 8q25   **C** 15q25   **D** 18q25

116. NE (——— elastase) is a potent elastase capable of causing experimental emphysema.

A neutrophil   **B** nitro-   **C** normalized   **D** neutral

117. Cigarette smoke alters the macrophage phenotype via oxidant-induced inactivation of histone deacetylase-:

A 4   **B** 1   **C** 3   **D** 2

118. Smoking causes ——— elements of the COPD phenotype, including emphysema and damage to the airways of the lung.

A almost half of all the   **B** all   **C** most   **D** 2

119. Asthma is one of the most common chronic respiratory diseases, affecting approximately ———% of the U.S. population.

A 1-3   **B** 12-15   **C** 5-10   **D** 4

120. Relevant studies convincingly demonstrate a temporal association between active smoking and onset of asthma during ———, although no study followed a cohort of subjects from birth.

A early adult age   **B** adolescence   **C** adulthood   **D** menopause

121. According to the World Health Organization (WHO, 2010) more than ——— people worldwide smoke, and estimates indicate that each year sees almost 9 million cases of incident TB.

A 800 million   **B** 1.1 billion   **C** 1.3 billion   **D** 1.5 billion

122. Besides SES, three are the major risk factors for TB exposure and infection are predominantly related to SES and these don't include:

A immunocompromising diseases   **B** air pollution   **C** malnutrition   **D** alcohol consumption

CHAPTER EIGHT: **CARDIOVASCULAR DISEASE**

123. From 1968–2010, the age-adjusted death rate for CVD declined by 69.0%, while the rate of death from all causes declined:

A 62.0   **B** 55.9   **C** 42.7   **D** 31.4

124. ——— heart disease (IHD) is a heart problem caused by heart arteries that are narrowed.

A Iatrogenic   **B** Ischemic   **C** Idiopathic   **D** Interstitial

125. Cigarette smoke delivers polycyclic aromatic hydrocarbons, including benzo[a]pyrene, which are ligands for the ——— (AhR).

A   aryl hydrocarbon receptor   B   ablate hydrocarbon receptor   C   abrin hydrocarbon receptor   D   acid hydrocarbon receptor

126. Flow-——— dilation (FMD) is the dilation of blood vessels in response to increased blood flow.

A   mediated   B   macular   C   medial   D   myeloid

127. Characterizing the risk of CHD caused by smoking, the effect of smoking is expressed as either the ——— (RR) or the excess risk.

A   repetitive risk   B   reverse risk   C   related risk   D   relative risk

128. Cigarette smoking and diabetes are well established as major risk factors for PAD (———).

A   plaque arterial disease   B   peripheral abscess disease   C   peripheral arterial disease   D   peripheral afferent disease

129. Studies provide evidence that exposure to secondhand smoke may increase the risk of ——— , a potent risk factor for stroke.

A   hypertension   B   coronary heart disease   C   aortic aneurysm   D   thrombosis

CHAPTER NINE: **REPRODUCTIVE OUTCOMES**

130. In ———, smoking status during pregnancy was added to the U.S. Standard Certificate of Live Birth.

A   1995   B   2001   C   2005   D   1989

131. Infants of smokers are more likely than those of nonsmokers to be born weighing less than ——— g.

A   2,500   B   3,000   C   2,000   D   3,200

132. The ——— found the evidence sufficient to infer a causal relationship between smoking and a reduced risk of preeclampsia.

A   2010 Surg. General's report   B   2012 Surg. General's report   C   2004 Surg. General's report   D   1974 Surg. General's report

133. Tobacco smoke includes about ——— different compounds, many of which could have deleterious effects on a fetus.

A   5,000   B   7,000   C   3,000   D   12,000

134. Three studies in ——— reported positive associations between maternal exposure to secondhand tobacco smoke and orofacial clefts.

A   the US   B   Finland   C   China   D   Norway

135. A 2008 review concluded that the association between prenatal nicotine exposure and anxiogenic behavior is strong in:

A   rats   B   mice   C   monkeys   D   hamsters

136. Cigarette smoking has been linked to ED in several clinical reports, most of which would qualify as observational case series.

A   True   B   False

137. The evidence occurring from recent studies is sufficient to infer a causal relationship between maternal smoking in early pregnancy and clubfoot, gastroschisis, and atrial septal heart defects.

A   True   B   False

CHAPTER TEN: **OTHER SPECIFIC OUTCOMES**

138. ——— macular degeneration (AMD) is the leading cause of blindness for persons 65 years of age and older in the United States.

A   Anterior   B   Afferent   C   Allogeneic   D   Age-related

139. The macula is a particularly attractive target for oxidative stress because of its high exposure to light, high metabolic rate, and high:

A   amino acid concentrations   B   fatty acid concentrations   C   histidine concentrations   D   threonine concentrations

140. Dental caries is a multifactorial disease marked by the localized destruction of susceptible hard tissues by acidic byproducts from:

A   enzyme fermentation   B   protein fermentation   C   bacterial fermentation   D   viral fermentation

141. ——— is a direct structural connection at the light microscopic level between bone and the surface of the implant.

A   Osteogenesis imperfecta   B   Osteomalacia   C   Osseointegration   D   Osteopetroses

142. According to CDC (2011), ——— million Americans, or 8.3% of the population, had diabetes in 2010.

A 12.9   B 25.8   C 22.1   D 18.4

143. Smoking is associated with a ———% increased risk of developing type 2 diabetes.

A 15   B 20-25   C 27   D 30-40

144. Cigarette smoke is a damaging and proinflammatory complex mixture that can directly suppress innate and adaptive immune processes.

A True   B False

145. NKT cells are a small population of ———-derived T cells expressing an alpha-beta T cell receptor (TCR).

A larynx   B thyroid   C thymus   D lung

146. Nuocytes are a novel lineage of immune effector cell and are distinguished by their lack of:

A ribosomes   B conventional surface markers   C lysosomes   D centrioles

147. Smoking also directly suppresses the activity of NK cells, weakening antiviral defenses.

A True   B False

148. Cystic fibrosis (CF) is a heritable genetic disease caused by genetic mutations that affect the CF transmembrane ——— regulator (CFTR).

A conductance   B combination   C central   D cortex

149. The risk of developing diabetes is ——— higher for active smokers than nonsmokers.

A 10-20%   B 15-25%   C 20-30%   D 30-40%

CHAPTER ELEVEN: **GENERAL MORBIDITY AND ALL-CAUSE MORTALITY**

150. The Women's Health Initiative (WHI) observational study reported a ———% increase in risk of frailty compared with never smokers.

A 5   B 8   C 10   D 12

151. Life-shortening by smoking is substantial. Smokers (on average) lose an estimated ——— of life.

A 3 years   B 8 years   C decade   D 5 years

152. Smoking cessation by 40 years of age reduces that loss (referred to in question #85) by about ———%.

A 90   B 50   C 75   D 40

153. A reduction in cigarettes smoked per day is much more effective than smoking cessation in avoiding the mortality risks from smoking.

A True   B False

CHAPTER TWELVE: **SMOKING-ATTRIBUTABLE MORBIDITY, MORTALITY . . .**

154. For the period 2000–2004, CDC estimated ——— deaths from residential fires caused by smoking.

A 320   B 550   C 149   D 740

155. Most smokers quit smoking, or die because of it, by ——— years of age.

A 68   B 84   C 75   D 62

156. For 2005–2009, the results indicate that cigarette smoking and exposure to tobacco smoke led to at least ——— annually in the US.

A 480,000 premature deaths   B 240,000 premature deaths   C 320,000 premature deaths   D 55,000 premature deaths

157. The average prevalence of prenatal smoking during 2005–2009 was estimated at ———% for the 34 PRAMS states.

A 10.2   B 12.3   C 7.8   D 8.9

158. The future probability that a young adult smoker would die prematurely of a smoking-related cause was estimated to be ———%.

A 24   B 32   C 14   D 8

159. Smoking-related health care expenditures still account for an estimated ———% of the total health care expenditures in the US.

A   1-2   B   3-4   C   5   D   5-14

160. For the period 2008–2009 CDC estimated approximately ——— annual deaths from the 19 disease categories among adults for which there was sufficient evidence to infer a causal relationship with smoking.

A   123,000   B   293,000   C   393,000   D   693,000

CHAPTER THIRTEEN: **PATTERNS OF TOBACCO USE AMONG U.S. YOUTH . . .**

161. Cigarette consumption has been declining since the mid-:

A   1960s   B   1950s   C   1930s   D   1940s

162. After peaking around ———, per capita consumption of cigars has shrunk dramatically.

A   1930   B   1980   C   1910   D   1950

163. In 2012, the highest rates of daily smoking were observed in the ——— (68.3%).

A   South   B   West   C   Midwest   D   Northeast

164. According to the 2010 NHIS, ———% of current adult daily smokers in that year were interested in quitting smoking.

A   11.9   B   68.9   C   50.2   D   28.3

165. By 1997, the prevalence of current smoking had increased to more than one-third (37.7% males, 34.7% females) of high school students.

A   True   B   False

166. Among males born between 1915 and 1925, over ——— of them were current smokers by 30 years of age.

A   one-third   B   one-fourth   C   one-fifth   D   three-fourths

167. In one study, the mean number of cigarettes smoked reached its highest level at ——— cigarettes per day for females from 1970–1990.

A   15   B   18   C   14   D   20

168. Per NSDUH, the overall prevalence in 2012 of current use of smokeless tobacco was ——— for youth 12–17 years of age.

A   0.8%   B   1.5%   C   2.1%   D   3.9%

169. The ——— of 1965 defines a cigar as "any roll of tobacco wrapped in leaf tobacco or in any substance containing tobacco".

A   Excise Tax Reduction Act   B   Excise Tax Tobacco Act   C   Surtax Reduction Act   D   Surtax Tobacco Act

170. NSDUH data indicate that ———% of 12- to 17-year olds were current smokers of cigars in 2012.

A   0.8   B   2.6   C   1.2   D   2.1

171. The use of multiple tobacco products—also called ——— use, dual use, or concurrent use—is common among some tobacco users.

A   multi-tobacco   B   polytobacco   C   varied tobacco   D   plural-tobacco

172. During 2011–2012 National Youth Tobacco Survey (NYTS) provided an updated definition of current tobacco use, in which ——— , snus, dissolvable tobacco, and electronic cigarettes were added as non conventional products.

A   smokeless tobacco   B   hookah   C   bidis   D   kreteks

173. Most first use of cigarettes occurs by 18 years of age (87%), with nearly all first use by ——— years of age (98%).

A   26   B   32   C   18   D   21

174. An attempt to quit smoking was defined in these studies as having quit smoking for more than ——— during the previous year.

A   1 day   B   1 week   C   10 days   D   2 weeks

CHAPTER FOURTEEN: **CURRENT STATUS OF TOBACCO CONTROL**

175. When the first Surgeon General's report was issued in 1964, up to ———% of young and middle-aged men were current smokers.

A   30-40   B   10-20   C   60-70   D   40-50

176. In 2012, impressions delivered by youth-rated movies comprised ——— (14.9 billion/26.5 billion) of all in-theater tobacco impressions.

A   32%   B   22%   C   45%   D   56%

177. Between 1985–2001, both DoD and ——— attempted to increase (military) commissary cigarette prices.

A   the President   B   TRICARE Management   C   the Commerce Department   D   the U.S. Congress

178. Menthol (cigarette) brands entered the market in the ——— and their use greatly expanded in the 1950s.

A   1890s   B   1910s   C   1920s   D   1930s

179. In April 2012, FDA published a list of 90 HPHCs (harmful and potentially harmful ———) in tobacco products.

A   cancer-inducing   B   constituents   C   components   D   contents

180. Improved tax stamping technology appears to be a promising state tobacco control practice.

A   True   B   False

181. Biomonitoring of exposure to secondhand smoke indicates that about ———% of nonsmokers continue to be exposed.

A   30%   B   40%   C   20%   D   10%

182. As of 2013, smokefree legislation had been adopted by ——— states and over 3,500 municipalities.

A   17   B   24   C   36   D   47

183. As of 2013, ——— states prohibit smoking in privately owned vehicles when a child is present.

A   2   B   3   C   4   D   5

184. The 2010 Patient ——— and Affordable Care Act included tobacco cessation in several sections related to disease prevention.

A   Advisory   B   Representation   C   Safety   D   Protection

185. During the 1990s, examples of programs that have helped communities mobilize to reduce tobacco use, don't include ——— program.

A   ASSIST   B   IMPACT   C   Free Breath   D   Smokeless States

186. Quitting smoking is beneficial to health at any age, and cigarette smokers who quit before 35 years of age have mortality rates similar to those who never smoked.

A   True   B   False

CHAPTER FIFTEEN: **THE CHANGING LANDSCAPE OF TOBACCO CONTROL . . .**

187. Nearly ——— out of 10 smokers experiment before 18 years of age, and 98% start smoking by 26 years of age.

A   9   B   7   C   6   D   4

188. If (smoking) initiation dropped by 50% and cessation rates increased by 50%, prevalence would drop to ——— by 2050.

A   13.8%   B   6.7%   C   12.2%   D   9.1%

189. Increasing evidence indicates that ——— packaging has the potential to decrease smoking.

A   multi-colored   B   plain   C   mainly red-colored   D   60%

190. To date, tobacco control strategies have cut the prevalence of cigarette smoking by nearly:

A   45%   B   35%   C   80%   D   60%

191. **More than ——— million Americans have died from smoking-attributable illnesses since 1964.**

A   twenty   **B**   ten   **C**   five   **D**   eight

192. **WHO Director General ——— stated the need to evaluate current action from the perspective of our grandchildren and their children.**

A   Thomas Parran, Jr.   **B**   William H. Stewart   **C**   Gro Brundtland   **D**   David Satcher

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18		42		66		90		114	
19		43		67		91		115	
20		44		68		92		116	
21		45		69		93		117	
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