

EXCI233-Fall2015-PracticeFinal

Multiple Choice

Identify the letter of the choice that best completes the statement or answers the question.

1. When the blood supply to a portion of the brain is blocked or cut off, this causes a _____.

A.	stroke	B.	blackout	C.	brain attack	D.	dizzy spells
----	--------	----	----------	----	--------------	----	--------------

2. Which of the following is a risk of assisted reproductive techniques?

A.	Eggs fertilized by more than one sperm.
B.	Increased incidence of twins and multiple births.
C.	The infant is likely to be overweight at birth.
D.	Damage to the fallopian tubes during the procedure.

3. What is the definition of a gyre?

A.	The period between low and high tide.
B.	A land area where winds generally blow clockwise.
C.	An area in the ocean where the winds are calm.
D.	An ocean region where water moves in a circular motion.
E.	A dangerous area in the Atlantic ocean where hurricanes start.

4. The smallest blood vessels that supply oxygen and nutrients to the cells of the tissues are called:

A.	vena cava	B.	arteries	C.	veins	D.	capillaries
----	-----------	----	----------	----	-------	----	-------------

5. What of the following best describes the circumstance under which a donor would be accepted to donate an organ or tissue?

A.	Previous cancer in the donor means a donor is refused without question.
B.	A donor is suitable to donate if his/her previous cancer is unlikely to reappear.
C.	Any bacterial infection in the donor has been treated with antibiotics within the previous week.
D.	A previous viral infection would not prevent organ donation if the donor has had long-term treatment with anti-viral drugs.

6. Which of the following is true about infertility?

A.	In about 10% of couples, the cause of infertility is unknown.
B.	Infertility is due equally to female causes as male causes.
C.	In vitro fertilization involves introducing sperm into the uterus with a long needle.
D.	In men, infertility is caused by excess sperm and ejaculation problems.

7. Every family should have an emergency plan because _____.

A.	the law requires you to
B.	with a plan, there will be a discount on home insurance
C.	the plan may save your life or the life of a loved one
D.	having a plan ensures that you will never experience a disaster

8. A key characteristic of physical dependence is _____.

A.	tolerance	B.	craving	C.	withdrawal	D.	intoxication
----	-----------	----	---------	----	------------	----	--------------

9. Which of the following steps is the most difficult for an addict to take?

A.	Facing family and friends
B.	Admitting to being an addict
C.	Getting through withdrawal
D.	Finding a job once he/she is no longer abusing drugs

10. When older person shows loss of memory and confusion, the diagnosis is _____.

A.	presenile dementia
----	--------------------

B.	Parkinson's disease but not necessarily dementia
C.	definitely Alzheimer disease
D.	dementia, not necessarily Alzheimer

11. What type of debris is mainly found in the Pacific Gyre?

A.	Cargo lost from container ships.
B.	Bird and animal carcasses.
C.	Garbage from passenger ships.
D.	Single-use water bottles.

12. Which of the following psychological factors may increase an individual's potential for addiction?

A.	The individual has high self esteem.
B.	The individual has adequate coping skills.
C.	The individual has the ability to control his/her behaviour.
D.	The individual has a tendency toward risk-seeking behavior

13. Which of the following would be the best tissue match for a male requiring a kidney transplant?

A.	Parent of the same sex as the recipient.
B.	Any brother or sister who is older.
C.	Twin of the same sex as the recipient.
D.	Twin sister.

14. What is one of the side-effects of a person taking immunosuppressant medications?

A.	There are no side-effects from using this type of medication.
B.	In the first week after any surgery, these medicines are used for pain relief.
C.	With long term use, the person's risk of developing cancer is higher.
D.	Nausea and vomiting in the weeks after discontinuing use of the medication.

15. Which type of exercise benefits the brain most?

A.	Flexibility	C.	Muscle training
B.	Cardiorespiratory	D.	Brain exercise

16. What is the proportion of plastic to zooplankton, presently (plastic:zooplankton)?

A.	1:45	D.	10:1
B.	1:10	E.	45:1
C.	6:1		

17. Which of the following has **NOT** been shown to be a benefit of regular exercise?

A.	Reversal of Alzheimer disease	C.	Delay in cognitive decline of old age
B.	Improvements in attention	D.	Better development of the frontal lobe

18. Cocaine can be classified as a _____.

A.	stimulant	B.	depressant	C.	hallucinogen	D.	sedative
----	-----------	----	------------	----	--------------	----	----------

19. All of the following may increase your risk of developing skin cancer EXCEPT _____.

A.	having red hair	C.	a family history of melanoma
B.	working in a tanning salon	D.	having a large number of moles

20. A repeated behavior in which the repetition may be unconscious is known as a(n)

A.	denial	C.	addiction
B.	habit	D.	All these answers are correct.

21. Hardening of the arteries is known as _____.

A.	scoliosis	B.	arteriosclerosis	C.	atherosclerosis	D.	scleroderma
----	-----------	----	------------------	----	-----------------	----	-------------

22. Which of the following is the strongest sign that someone is developing problems with

gambling?

A.	Betting \$10 on football games every week with co-workers.
B.	Undertaking a yearly celebratory visit to the casino with friends.
C.	A person who is convinced that he/she can make a living on gambling earnings.
D.	Buying \$50 of lottery tickets whenever the jackpot is at \$25 million or more.

23. An emergency plan should list a contact telephone number for family or a friend who does not live in your region because_____.

A.	it's too late after disaster strikes to make a plan
B.	cell phones will always be functional and available in a disaster
C.	it will allow emergency personnel to know where everyone is located
D.	it allows family members to know where other family members have gone to

24. Women in old age have a higher risk of suffering from one of the following. The disease/condition is_____.

A.	cataracts	C.	Alzheimer disease
B.	hearing loss	D.	none of the above

25. A good emergency plan will cover_____.

A.	adult family members only
B.	where to meet during and/or after a disaster
C.	information on family members only, not pets
D.	copies of all your bills for the past year

26. What is/are the best strategy/strategies to prevent infertility?

A.	Avoid reproductive organ infections.
B.	Avoid having multiple sexual partners.
C.	Reduce exposure to hazardous chemicals.
D.	All of the above.

27. The **most** accurate tool for early detection of breast cancer is an exam called_____.

A.	pap smear	B.	mammography	C.	mastectomy	D.	breast self exam
----	-----------	----	-------------	----	------------	----	------------------

28. What is the name of the process that leads to the production of new brain cells?

A.	Neuroplasia	C.	Neurogenesis
B.	Encephalic improvement	D.	Dental gyration

29. The single most preventable cause of cancer death in Canada is_____.

A.	physical inactivity	B.	high fat diet	C.	sun exposure	D.	cigarette smoking
----	---------------------	----	---------------	----	--------------	----	-------------------

30. All of the following are changeable risk factors for heart disease **except**_____.

A.	genetic predisposition	C.	high blood pressure
B.	cigarette smoking	D.	physical activity

31. All of the following are types of cancer EXCEPT_____.

A.	carcinoma	B.	sarcomas	C.	papillomas	D.	lymphomas
----	-----------	----	----------	----	------------	----	-----------

32. Which of the following can be said to be most related to the development of Alzheimer disease?

A.	An abnormality on one specific gene.	C.	There may be multiple genes involved.
B.	Poor diet during childhood.	D.	Using aluminum pots for cooking.

**EXCI233-Fall2015-PracticeFinal
Answer Section**

MULTIPLE CHOICE

- | | |
|-----|---|
| 1. | A |
| 2. | B |
| 3. | D |
| 4. | D |
| 5. | B |
| 6. | A |
| 7. | C |
| 8. | C |
| 9. | B |
| 10. | D |
| 11. | D |
| 12. | D |
| 13. | C |
| 14. | C |
| 15. | B |
| 16. | E |
| 17. | A |
| 18. | A |
| 19. | B |
| 20. | B |
| 21. | B |
| 22. | C |
| 23. | D |
| 24. | C |
| 25. | B |
| 26. | D |
| 27. | B |
| 28. | C |
| 29. | D |
| 30. | A |
| 31. | C |
| 32. | C |