CVS-Community

Archive

Lecture 1

Archive

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1. Primary prevention of early stage of disease is called

answer.Secondary prevention

2.Which one of the followings considered as a Novel risk factors for CVD?
a. Physical inactivity
b.inflammatory markers (C-reactive protein)
c. Cigarette smoking
e. Hypertension
d. Obesity

Answer: b

3.All of the followings are Non-modifiable CVD risk factors EXCEPT?
a. Diabetes mellitus
b.Heredity or family history
c. Age
d.Ethnicityor race
e. Gender

Answer : a

4.All of the followings about conventional risk factors are true, except?
a.Risk factor of great public health significance
b.High prevalence in many populations
c.Great independent impact on CVD risk
d.Their control and treatment result in reduced CVD risks
e .Low incidence

Answer : e

5.select one choice that increase homocysteine, heart rate and blood pressure

a. carbon monoxide
B. tar and nicotine
C. dopamine

Answer: B

6. Novel risk factor for CVD:

a. Excess homocysteine levels

7. What is incorrect about epidemiology of CVD?

a.Japanese people living in Japan have **higher** risk of CHD than Japanese people living in San Francisco

8. All of the following are unhealthy eating habits for CVD, except:

a.Diet **low** in refined carbohydrates

9. Which of the following is not correct?
A) increased CVD deaths in African-American and South-Asian populations in comparison with Whites
B) Cardiovascular mortality (fatal cases) are more common among women.
C) Developed countries: decreasing tendencies
D) Developing countries: increasing tendencies

Answer: B

10. A public health initiative is introduced in a community to reduce the risk factors for cardiovascular diseases before they even begin to develop. This program targets lifestyle changes and environmental modifications in order to prevent the emergence of these risk factors in the first place.
Which of the following approaches best describes this type of prevention?
A) Primary prevention
B) Secondary prevention
C) Tertiary prevention
D) Primordial prevention
E) Quaternary prevention

Answer:D

11. Which of the following describes risk factors that are commonly found in many populations?

A) Novel risk factors
B) Conventional risk factors

Answer: B

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lecture 2

smoking & cardiovascular disease

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1. What happens one year after smoking cessation?

A) Risk of myocardial infarction decreases

B) Stroke risk is reduced to that of someone who has never smoked

C) Coronary heart disease risk is the same as a person who never smoked

D) Coronary heart disease risk is half that of a person who smokes

E) Carbon monoxide level in blood drops to normal

Answer: D

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lecture 4

smoking Cessation

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CVS-Community lecture 4

1. All of the following are withdrawal symptoms of nicotine cessation EXCEPT:
A) Increased appetite
B) Insomnia
C) Restlessness
D) Decreased heart rate
E) Hypertension

Answer: E

2. When most withdrawal symptoms peak after quitting smoking?
A) 12-24 hours
B) 24-48 hours
C) 48-72 hours
D) 72-96 hours
E) 1-2 days

Answer: B

3.Nicotine gum in smoking cessation, how to use?
A. the same like any gum
B. faster than any gum
C. chewed showly not chewed like ordinary gum

Answer: C