

Course No: Course Title: CONTEMPORARY HEALTH ISSUES Date: 20/01/2015 No. of Questions: (4) Time: 2:00 Hours Using Calculator	University of Palestine  Final Exam 1st Semester 2014/2015 Total Grade: (60)	Instructor Name: ----- Student No.: ----- Student Name:----- College Name:----- Dep. / Specialist:----- Using Dictionary: (No)
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Answer ALL the Questions

First Question: Answer this question by (T) OR (F) (10 marks)

- 1- Cancer is the first leading cause of death in Canada ()
- 2- In Cancer Survival rate increases with late Detection ()
- 3- Smoking is the leading risk factor of Lung Cancer ()
- 4- NCDs of major importance in Poor countries, they are rapidly increase and start to affect young age()
- 5- Proteins from plant foods are “complete” meaning that they only contain some EAAs but not all ()
- 6- Reduce proportion of saturated fat and unsaturated fat is the dietary goals ()
- 7- Fibre is a carbohydrate that we are not able to break down in our body to use for energy()
- 8- In the third world, 1/4 people have access to clean drinking water ()
- 9- Lack of protein leads to fluid accumulation in the abdomen ()
- 10- Mental Health is the absence of mental illness ()

Second Question :Choose the best answer (10 marks)

1-All of these are Health Home Messages except one

- A- Don't smoke
- B- Be physically active regularly
- C- Keep unhealthy weight
- D- Minimize saturated fat
- E- Prevention is better than treatment

2-All of the these of Cancer Staging except one

- A- Stage 0: a growth that stays in place, no metastasis, no invasion
- B- Stage 1: cancer localized to one area
- C- Stage 2: cancer is localized to one area, but is more aggressive
- D- Stage 3: invasion into outside areas
- E- Stage 4: Metastatic cancer

3-Skin cancer risk factors are except one

- A- Unusual moles
- B- Large amount of moles
- C- Dark skin, eyes, hair
- D- Skin that burns/freckles easily
- E- History of melanoma

4-Changing just 5 main lifestyle behaviours reduces your risk of cancer by approximately 50% except one

- A- Smoking
- B- Physical inactivity
- C- Poor diet (fats, low fibre, high salt, high protein)
- D- Radon exposure
- E- Unhealthy weight

5-All of these are symptoms of Diabetes except one

- A- Excessive thirst
- B- Unexplained weight loss
- C- Extreme hunger
- D- Sudden noise changes
- E- Tingling in hands or feet

6- All of the statment are true except one

- A- Hypertension is so dangerous because it gives off no warning signs or symptoms
- B- The most important element in managing high blood pressure is follow-up care
- C- big changes can have aSmall impact on your health
- D- Optimal healthy blood pressure is a systolic blood pressure of <120 mmHg and a diastolic blood pressure of <80
- E- Vision problems is the sign of Hypertension

7- All of these are Symptoms of infectious diseases except one

- A- High body temperature (fever)
- B- Loss of appetite
- C- Weakness
- D- Pain in the muscles
- E- All of the above

8- All of these are the detection of infectious diseases except one

- A- Blood test
- B- Urine test
- C- Test throat
- D- Ultra sound
- E- Hand examination

9- One of these is from secondary level of prevention -infectious diseases

- A-General preventive measures
- B- Health education
- C- Good nutrition
- D- Isolate optional
- E-Availability of safe drinking water

10-All of these are Schizophrenia Treatment except one

- A- Hospitalization
- B- Drug therapy
- C- Relaxation
- D- Electroconvulsive therapy
- E- Psychotherapy

Third Question (40 marks)

1- List six dimensions of wellness?(2marks)

2- Your behaviour change goals should be SMART what does mean (SMART)?(2marks)

9- What is the symptoms of Hepatitis -C? (3marks)

10- What is the Lung Cancer Risk Factors? (3marks)

11- What is the CVDs Risk Factors? Write the all? (4marks)

12- Why we study Non-communicable Diseases (NCD)?(4marks)

13- What should you do if you know someone try to kill himself?(4marks)

14- What is the complecations of hepatitis-B? (2marks)

Good Luck