

Course No:
Course Title: CONTEMPORARY HEALTH
ISSUES

University of Palestine



Instructor Name: DR/AMER ABUSHARIAA

Date: 24/11/2014
No. of Questions: (3)
Time: 1hours
Using Calculator (No)

Midterm Exam
2014/2015
Total Grade:

Student No.: _____
Student Name: _____
College Name: _____
Dep. / Specialist: _____
Using Dictionary (No)

Answer the question

(10 marks)

- 1- According to WHO defined the Health?
- 2- What different between sign and symptoms?
- 3- We study The 7 dimensions of wellness, write six without explain?
- 4- Your behaviour change goals should be SMART what does mean (SMART)?
- 5- Write three type of Cancer to men and three type for women?
- 6- What is the Cancer Treatment in general (without explain)?
- 7- write 5 points about Primary Prevention of Cancer, Avoid the major risk factors?
- 8- Defined A Non-communicable Disease?
- 9- Defined a risk factors?
- 10- write 5 from controllable Non-communicable Disease?

Answer this question by (T) OR (F)

(5 marks)

- 1- Wellness is all about maintaining a balance between the many different aspects of your life()
- 2- Cancer is the first leading cause of death in Canada ()
- 3- In Cancer Survival rate increases with late Detection ()
- 4- Smoking is the leading risk factor of Lung Cancer ()
- 5- NCDs of major importance in Poor countries, they are rapidly increase and start to affect young age()

Choose the best answer

(5 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 about Cancer Stagingexcept 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 vision changes
- E- Tingling in hands or feet
- F- Frequent fatigue

All the best