

CHS 335: Epidemiology II
Second midterm Exam (Students' Model)

Time allowed: (30 minutes)

Date: /1436

الاسم: _____ الرقم الجامعي: _____ رقم الكشف: _____

Please write True or False between brackets and correct the false question (s) by underlining the false word(s) and write it (them) under each question. Non corrected false question (s) will be given zero: Carefully transfer your answers to the answer sheet that will be checked and marks will be given based on your answers in the answer sheet. (marks)

1. Thyroid Gland increases calcium concentration in the blood while Parathyroid Gland decreases its concentration (visé versa)
2. Leptin (Ghrelin) is produced from the gastrointestinal tract and pancreas and acts on hypothalamic brain cells both to increase hunger
3. The cells of malignant tumors are normal shaped while benign tumors are abnormal shaped (visé versa)
4. Acromegaly is an endocrine disorder results from over production of growth hormone before (after) fusion of the epiphyseal plates
5. The levels of IgA increase (decrease) in patients with celiac disease
6. Many fruits, vegetables, and meats are safe to patients with celiac disease
7. Obese adults are at greater risk for non-allergic asthma than allergic asthma
8. Easily skin bruising and dryness associated with Cushing's syndrome usually results from skin stretching by weight gain (suppression of the immune and inflammatory responses)
9. Zollinger Ellison syndrome is a risk factor in peptic ulcer while Prader-Willi syndrome is a risk factor in obesity
10. Both Helicobacter pylori and Streptococcus pneumoniae are risk factors in peptic ulcer
11. Cushing's syndrome results from hypersecretion of the growth hormone while Acromegaly results from hypersecretion of glucocorticoids (visé versa)
12. The relative risk of the relation between Obesity and type 2 diabetes is more than one

Please circle the correct answer: Carefully transfer your answers to the answer sheet that will be checked and marks will be given based on your answers in the answer sheet. (marks)

1. It is one of the major endocrine glands called 'Master Gland' which continuously receive information on status of body systems via nerve impulses
 - a) Hypothalamus
 - b) Pituitary Gland
 - c) Thyroid Gland
 - d) Parathyroid Gland

2. During 2014, the highest incidence of cancer in **Saudi Arabia** is as follows:
 - a) Lung and bronchus cancer among both males and females
 - b) **Colorectal cancer among males and breast cancer among females**
 - c) Colorectal cancer among both males and females
 - d) Prostate cancer among males and ovarian cancer among females
3. It is an enzyme produced by H. pylori that breaks down the mucous layer of the stomach:
 - a) Urease
 - b) Ammonia
 - c) **Protease**
 - d) Lipase
4. Thyroid disorders are prevalent and their manifestations are determined by the availability of dietary:
 - a) Iron
 - b) **Iodine**
 - c) Vitamin D
 - d) Vitamin C
 - e)
5. Screening for colorectal cancer is recommended for adults from the age (years) of:
 - a) 20
 - b) 30
 - c) 40
 - d) **50**
6. The followings will present in the results of the biopsy of the small intestine for diagnosis of celiac disease:
 - a) villous hyperplasia, increased intraepithelial lymphocytes, and crypt cell atrophy
 - b) **villous atrophy, increased intraepithelial lymphocytes, and crypt cell hyperplasia**
 - c) villous atrophy, decreased intraepithelial lymphocytes, and crypt cell hyperplasia
 - d) villous and crypt cell atrophy with increased intraepithelial lymphocytes
7. Females are more likely to develop the following diseases **except**:
 - a) Hypothyroid disease
 - b) Obesity
 - c) Irritable Bowel Syndrome
 - d) **Lung and bronchus cancer**
8. Any consequence of medical treatment or advice to a patient is called:
 - a) Idiopathic
 - b) **Iatrogenic**
 - c) Carcinogenesis
 - d) Polyp

Please fill the empty space with the correct word (s):

(marks)

1. **Modifiable risk factors of diabetes include:**
 - **Overweight/Obesity:** 50% of diabetic men & 70% of diabetic women are obese/ Abdominal obesity is of special importance
 - **Physical Inactivity** (decrease insulin sensitivity, reduces glucose consumption as energy source).
 - **Smoking:** increases insulin resistance/ Decreases insulin secretion/ Has direct toxic effect on pancreatic tissue

- **Psychosocial stress:** Depression is a risk factor **for type 2 diabetes**
 - **Nutrition:** Low consumption of plant foods is associated with higher incidence of Obesity and type 2 diabetes/ Foods high insoluble fibers might be protective against diabetes/ High intake of fats specially saturated can lead to insulin resistance and type 2 diabetes
 - **Infection:** Streptococci is suppose to be responsible factor for infection in pancreas.
 - **Medications:** Cortisone and contraceptives
 - **Alcohol:** Direct effect: inflammation of the pancreas/ Indirect effect: obesity or liver cirrhosis
2. There is a high risk of breast cancer when the female menstruates before **12** years or becomes menopausal after **55** years
 3. Most cases of colon cancer begin as small, noncancerous clumps of cells called **polyps**.
 4. Stress can worsen the symptoms of peptic ulcers because it leads to:
 - **rapid stomach emptying**
 - **hormonal changes that impair wound healing,**
 - **increased acid and pepsin secretions.**
 - **behavioral changes; e.g. smoking, and use of NSAIDs.**
 5. Red flag signs and symptoms that suggest a need for additional testing for the Irritable bowel syndrome include:
 - **New onset after age 50**
 - **Weight loss**
 - **Rectal bleeding**
 - **Fever**
 - **Nausea or recurrent vomiting**
 - **Abdominal pain, not completely relieved by a bowel movement, or occurs at night**
 - **Diarrhea that is persistent or awakens you from sleep**
 - **Iron deficiency anemia**
 6. Screening for diabetes should be carried out in persons younger than 45 years in whom:
 - **Are Obese**
 - **Have a first degree relative with diabetes**
 - **Are Hypertensive $\geq 140/90$**
 - **Have been diagnosed with GDM or have >4.5 kgs baby**
 - **Have Dyslipidaemia (HDL < 35 mg, TG >250 mg/ dl)**
 - **Had Impaired glucose tolerance (IGT) or Impaired fasting glucose (IFG)**
 7. Secondary preventive measures for breast cancer include: **(1) Breast self examination**
(2) Clinical breast examination (3) mammogram