



**CHS 335: Epidemiology II**  
**Final Exam (Students' Model)**

Time allowed: Two hours

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)

- Osteoporosis** (Osteopenia) means that bone density falls 1-2.5 SD below the mean for young healthy adults of the same race and gender
- Although all women are at risk of getting breast cancer, its incidence **decreases** (increases) with age
- Ductal Carcinoma is more common type of breast cancer than Lobular Carcinoma
- Breast cancer can affect both sexes and more common among **blacks** (whites)
- In case duodenal ulcer, the epigastric pain occurs about 2-3 hours after taking a meal
- Gluten can be found **only** in foods like wheat, barley, and rye (can be found in some medications)
- Congenital hypothyroidism is prevalent in areas where daily **iron** (iodine) intake falls below 25 µg
- Type 2 Diabetics are more likely to develop Alzheimer's disease than non diabetics
- The vast majority of road accidents is due to the **road conditions** (Human factors)
- Easily skin bruising and dryness associated with Cushing's syndrome usually results from skin stretching by weight gain

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)

- During 2014, the highest estimated deaths due to cancer in **Egypt** is as follows:
  - Lung and bronchus cancer among both males and females
  - Liver cancer among males and breast cancer among females**
  - Colorectal cancer among both males and females
  - Prostate cancer among males and ovarian cancer among females
- A common chronic condition affecting the large intestine occurs in individuals (30 and 50 years of age) and affects twice as many women as men.
  - Gastric ulcer
  - Duodenal ulcer
  - Irritable bowel syndrome**
  - Celiac disease

3. Thyroid disorders are prevalent and their manifestations are determined by the availability of dietary:
  - a) Iron
  - b) **Iodine**
  - c) Vitamin D
  - d) Vitamin C
4. In Alzheimer's disease, there is:
  - a) **Brain size shrinks with progressively fewer nerve cells and connections.**
  - b) Brain size shrinks but the number of nerve cells and connections increases
  - c) Brain size increases with progressively fewer nerve cells and connections.
  - d) Both the brain size and number of nerve cells and connections increases
5. Car drivers who drive while suffering from poor eyesight are:
  - a) Inexperienced drivers
  - b) **Impaired drivers**
  - c) Aggressive drivers
  - d) Distracted drivers
6. Car drivers who drive over the speed limit are:
  - a) Inexperienced drivers
  - b) Impaired drivers
  - c) **Aggressive drivers**
  - d) Distracted drivers
7. The process of using low-energy X-rays to examine the human breast is:
  - a) **Mammography**
  - b) Barium meal – contrast x-ray
  - c) DEXA
  - d) MRI
8. They temporarily buffer gastric secretions, but later they stimulate secretion of gastrin, acid, and pepsin, so they are no longer effective in treating peptic ulcers:
  - a) Olive oils
  - b) Fruit juices
  - c) Garlic, pepper and spices
  - d) **Protein foods specially milk or cream**
9. Enhanced form of x-ray technology used to measure bone density:
  - a) Mammography
  - b) Barium meal – contrast x-ray
  - c) **DEXA**
  - d) MRI
10. It can be used to detect demyelination of nerves:
  - a) Mammography
  - b) Barium meal – contrast x-ray
  - c) DEXA
  - d) **MRI**
  - e)
11. Stress can worsen the symptoms of duodenal ulcers because it leads to:
  - a) Delayed stomach emptying
  - b) Hormonal changes that hasten wound healing,
  - c) Increased acid production and decreased pepsin secretion.
  - d) **Behavioral changes e.g. smoking and use of NSAIDs.**

12. Cushing's syndrome results from hypersecretion of:
  - a) **Glucocorticoids from adrenal cortex**
  - b) Glucocorticoids from adrenal medulla
  - c) Glucocorticoids from thyroid gland
  - d) Glucocorticoids from parathyroid gland
13. Overactive thyroid or taking too much thyroid hormone results in Osteoporosis because:
  - a) **The rate of bone turnover hastens**
  - b) Large losses of calcium from the bones despite the high levels of blood calcium
  - c) Urine calcium excretion increases
  - d) Calcium absorption from the gut decreases
14. High intake of caffeine, protein or sodium causes Osteoporosis because:
  - a) The rate of bone turnover hastens
  - b) Large losses of calcium from the bones despite the high levels of blood calcium
  - c) **Urine calcium excretion increases**
  - d) Calcium absorption from the gut decreases
15. Menstrual history, childbirth history and radiation exposure are among the risk factors of:-
  - a) Chronic obstructive pulmonary disease
  - b) Hypertensive heart disease
  - c) **Breast cancer**
  - d) Cushing's syndrome

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

**( marks)**

1. 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.**
2. There are 3 main risk factors for traffic accidents:
  - **Human factors,**
  - **Road conditions**
  - **Vehicle conditions**
3. Examples of aggressive car driving include:
  - **Driving over the speed limit.**
  - **Disobeying traffic lights and stop signs.**
  - **Making frequent lane changes.**
  - **Failing to use signals.**
4. Screening for diabetes should be carried out on all individuals at age **45** years or above and normal persons should recheck after **3** years
5. Secondary preventive measures for breast cancer include: **(1) Breast self examination (2) Clinical breast examination (3) mammogram**
6. Menstruating women should examine their breast each month, **5-7 days** after the beginning of their periods
7. Clinical breast examination should be carried out:
  - **Annually for women over 40 years**
  - **Every 3 years for women 20-40 years**
  - **More frequent for high risk women**