

Multiple Choice

1. What is the primary goal of epidemiological research?

- A. to eliminate all disease
- B. to identify new diseases
- C. to identify risk factors associated with diseases
- D. to gauge effectiveness of treatment options

Ans. C

See page 8.

2. Women have the greatest risk of developing cancer in which part of the body?

- A. pancreas
- B. lung
- C. colon
- D. breast

Ans. D

See page 12.

3. Treatment during pregnancy with _____ has been associated with birth defects.

- A. thalidomide
- B. theophylline
- C. acetaminophen
- D. diphenhydramine

Ans. A

See page 9.

4. Chronic conditions are often characterized by _____ requiring medical treatment.

- A. musculoskeletal pain
- B. persistent nausea
- C. hypotension

D. tinnitus

Ans. A

See page 12.

5. Which of the following conditions has had the highest mortality rate for the last 50 years?

- A. cancer
- B. heart disease
- C. stroke
- D. diabetes

Ans. B

See page 11.

6. What is considered essential for maintenance of an alert mind in older women?

- A. sufficient hydration
- B. moderate exercise
- C. social interaction
- D. supplemental nutrition

Ans. C

See page 13.

True or False

7. The obesity epidemic is due in part to the availability of an overabundance of fresh and processed foods.

- A. True
- B. False

Ans. True

See page 7.

8. With more women surviving to older ages, lower rates of chronic conditions are anticipated.

- A. True
- B. False

Ans. False
See page 8.

9. Despite 30 years of research and new treatments, human immunodeficiency virus (HIV) infection is still inevitably fatal.

- A. True
- B. False

Ans. False
See page 9.

10. Suicide is more frequent among women with bipolar disease than among women with other psychologic conditions.

- A. True
- B. False

Ans. True
See page 10.

11. Autoimmune diseases are a major cause of infertility and pregnancy loss.

- A. True
- B. False

Ans. True
See page 10.

12. Environmental exposures can influence an individual's risk of disease and age at onset.

- A. True
- B. False

Ans. True
See page 13.

Short Answer

13. What public health measures have successfully reduced the sale of cigarettes and diminished interest in smoking?

Ans. These public health measures include controls on cigarette advertising, increased taxes making cigarettes less affordable, and laws prohibiting smoking in most public indoor and outdoor settings, including parks and beaches.
See page 6.

14. List three of the goals defined in the office of research women's health strategic plan for 2020.

Ans. Responses should include any three of the following:

- Increase the study of sex and gender differences in basic biomedical and behavioral research.
- Incorporate findings of sex and gender differences into the design and application of new technologies, medical devices, and therapeutic drugs.
- Actualize personalized prevention, diagnostics, and therapeutics for women and girls.
- Create strategic alliances and partnerships to maximize the domestic and global impact of women's health research.
- Develop and implement new communication and social networking technologies to increase understanding and appreciation of women's health and wellness research.
- Employ innovative strategies to build a well-trained, diverse, and vigorous women's health research workforce.

See page 4.

15. Explain why life expectancy has significantly increased since World War II.

Ans. Life expectancy has significantly increased since World War II in large part because of medical innovations and drug discoveries such as antibiotics, vaccines, and enhanced clinical devices and procedures.

See page 5.