

Chapter 2: Female Sexual Anatomy and Physiology

2.1 Multiple Choice

1) Another term for the vulva is_____.

- A) veneris.
- B) pudendum.
- C) vagina.
- D) labia.

Answer: B

Page Ref: 41

Learning Objective: LO 2.1 Describe the external female sex organs and their functions.

Difficulty Level: Easy

Skill Level: Remember

2) Which of the following is the technically correct way to refer to a woman's frontal genitalia?

- A) Vagina
- B) Vulva
- C) Perineum
- D) Enchanted castle

Answer: B

Page Ref: 41

Learning Objective: LO 2.1 Describe the external female sex organs and their functions.

Difficulty Level: Easy

Skill Level: Remember

3) Which of the following correctly lists the order of a woman's external genital structures from uppermost to lowermost (if the woman is seated)?

- A) Perineum, clitoris, vaginal opening, urethral opening, prepuce
- B) Prepuce, clitoris, vaginal opening, urethral opening, perineum
- C) Mons veneris, clitoris, urethral opening, vaginal opening, prepuce
- D) Mons veneris, clitoris, urethral opening, vaginal opening, perineum

Answer: D

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Learning Objective: LO 2.1 Describe the external female sex organs and their functions.

Difficulty Level: Difficult

Skill Level: Apply

4) The female structure that consists of fatty tissues that covers the pubic bones in front of the body is(are) _____.

- A) mons veneris.
- B) labia majora.
- C) vulva.
- D) labia minora.

Answer: A

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Learning Objective: LO 2.1 Describe the external female sex organs and their functions.

Difficulty Level: Easy

Skill Level: Remember

5) The outermost folds of skin that protect the inner female genitalia are known as_____.

- A) the prepuce.
- B) labia minora.
- C) labia majora.
- D) mons veneris.

Answer: C

Page Ref: 42

Learning Objective: LO 2.1 Describe the external female sex organs and their functions.

Difficulty Level: Easy

Skill Level: Remember

6) Which of the following is the normal appearance of the labia majora?

- A) They may be thick or thin, pronounced or flat, noticeable or less noticeable; all are normal variations.
- B) They are usually thick, pronounced, and noticeable as folds of skin.
- C) They are usually thin, flat, and not very noticeable as folds unless pulled apart.
- D) They are usually hairless, light-colored membranes of tissue around the vaginal opening.

Answer: A

Page Ref: 42

Learning Objective: LO 2.1 Describe the external female sex organs and their functions.

Difficulty Level: Difficult

Skill Level: Apply

7) The labia majora_____.

- A) are large fleshy folds of skin that run downward from the mons along the sides of the vulva.
- B) come together to form the prepuce.
- C) are thinner, inner folds of flesh just outside the vaginal opening.
- D) have many nerve endings and are primary sources of sexual stimulations.

Answer: A

Page Ref: 42

Learning Objective: LO 2.1 Describe the external female sex organs and their functions.

Difficulty Level: Easy

Skill Level: Remember

8) The sexually sensitive smooth, hairless, inner lips of the vulva are called_____.

- A) clitoris.
- B) crura.
- C) labia majora.
- D) labia minora.

Answer: D

Page Ref: 43

Learning Objective: LO 2.1 Describe the external female sex organs and their functions.

Difficulty Level: Easy
Skill Level: Remember

9) Which of the following join at the hood of the clitoris?

- A) Introitus
- B) Mons veneris
- C) The prepuce
- D) Labia minora

Answer: D

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Learning Objective: LO 2.1 Describe the external female sex organs and their functions.

Difficulty Level: Easy

Skill Level: Remember

10) During sexual stimulation, the labia minora may_____.

- A) become firm and longer.
- B) become white and rubbery.
- C) darken and swell.
- D) secrete sex hormones.

Answer: C

Page Ref: 43

Learning Objective: LO 2.1 Describe the external female sex organs and their functions.

Difficulty Level: Easy

Skill Level: Remember

11) The sex organ whose only known function is to provide pleasure is_____.

- A) the vagina.
- B) the clitoris.
- C) the prepuce.
- D) mons veneris.

Answer: B

Page Ref: 43

Learning Objective: LO 2.1 Describe the external female sex organs and their functions.

Difficulty Level: Easy

Skill Level: Remember

12) The sheath of skin, or hood, that covers the clitoral shaft is known as the_____.

- A) prepuce.
- B) pudendum.
- C) labia majora.
- D) swathe.

Answer: A

Page Ref: 43

Learning Objective: LO 2.1 Describe the external female sex organs and their functions.

Difficulty Level: Easy

Skill Level: Remember

13 The clitoral shaft consists of erectile tissue that contains two spongy masses called_____.

- A) clitoral glans.
- B) corpora cavernosa.
- C) sphincters.
- D) vestibular bulbs.

Answer: B

Page Ref: 43

Learning Objective: LO 2.1 Describe the external female sex organs and their functions.

Difficulty Level: Easy

Skill Level: Remember

14) The tissue that partially or fully covers the glans of the clitoris is the_____.

- A) mons veneris.
- B) labia minora.
- C) urethral hood.
- D) clitoral hood or prepuce.

Answer: D

Page Ref: 43

Learning Objective: LO 2.1 Describe the external female sex organs and their functions.

Difficulty Level: Easy

Skill Level: Remember

15) The clitoris responds to sexual stimulation by_____.

- A) releasing sexually stimulating hormones.
- B) widening and turning red.
- C) engorging with blood.
- D) withdrawing inside the woman's abdomen.

Answer: C

Page Ref: 43

Learning Objective: LO 2.1 Describe the external female sex organs and their functions.

Difficulty Level: Easy

Skill Level: Remember

16) Proponents of the practice claim that removal of the clitoris is an attempt to_____.

- A) create sexual desires.
- B) announce the female's womanhood.
- C) remove evil spirits.
- D) ensure chastity.

Answer: D

Page Ref: 44

Learning Objective: LO 2.1 Describe the external female sex organs and their functions.

Difficulty Level: Difficult

Skill Level: Apply

17) A clear difference between the clitoris and the penis is that the clitoris has _____.

- A) no known function other than sexual pleasure.
- B) no cover that is equivalent to the penis' foreskin.
- C) no erectile properties.
- D) the ability to ejaculate.

Answer: A

Page Ref: 44

Learning Objective: LO 2.1 Describe the external female sex organs and their functions.

Difficulty Level: Moderate

Skill Level: Understand

18) Which of the following correctly describes the relation between the clitoris and the male penis?

- A) They are analogous.
- B) They are unrelated.
- C) They are homologous.
- D) The clitoris is a small penis.

Answer: C

Page Ref: 44

Learning Objective: LO 2.1 Describe the external female sex organs and their functions.

Difficulty Level: Moderate

Skill Level: Understand

19) All of the following statements regarding the clitoridectomies are true, *except* _____.

- A) the typical woman assumes it is a part of being female.
- B) it is usually done by women.
- C) the Islamic bible does not authorize it.
- D) the labia minora and majora are also removed.

Answer: D

Page Ref: 44-45

Learning Objective: LO 2.1 Describe the external female sex organs and their functions.

Difficulty Level: Difficult

Skill Level: Apply

20) A rite of initiation into womanhood in many Islamic cultures consists of _____.

- A) a large family celebration.
- B) removal of the clitoris.
- C) the meeting of her chosen husband.
- D) receiving a symbolic tattoo in the genital area.

Answer: B

Page Ref: 44

Learning Objective: LO 2.1 Describe the external female sex organs and their functions.

Difficulty Level: Difficult

Skill Level: Apply

21) The area between a woman's labia minora is referred to as the _____.

- A) vestibule.

- B) vagina.
- C) urethra.
- D) prepuce.

Answer: A

Page Ref: 44

Learning Objective: LO 2.1 Describe the external female sex organs and their functions.

Difficulty Level: Easy

Skill Level: Remember

22) The area on a woman's body that contains the openings to the vagina and urethra is the

- A) vaginal opening.
- B) vulva.
- C) vestibule.
- D) introitus.

Answer: C

Page Ref: 44

Learning Objective: LO 2.1 Describe the external female sex organs and their functions.

Difficulty Level: Easy

Skill Level: Remember

23) Which of the following is *not* a medical complication due to the clitoridectomy?

- A) Infections
- B) Painful menstruation
- C) Headaches
- D) Obstructed labor

Answer: C

Page Ref: 45

Learning Objective: LO 2.1 Describe the external female sex organs and their functions.

Difficulty Level: Difficult

Skill Level: Apply

24) The female circumcision that involves complete removal of the clitoris along with the labia minora and inner layers of the labia majora is called _____.

- A) excision.
- B) Farsic circumcision.
- C) Sudan circumcision.
- D) radical clitoridectomy.

Answer: A

Page Ref: 45

Learning Objective: LO 2.1 Describe the external female sex organs and their functions.

Difficulty Level: Difficult

Skill Level: Apply

25) Which of the following statements is true regarding genital mutilation?

- A) It is only legal in the United States if the female signs an informed consent form.
- B) The United States bans the practice and advocates bringing an end to the practice.

- C) Clitoridectomies are not common in African countries.
D) Genital mutilations have been outlawed in the United States for over 15 years.

Answer: B

Page Ref: 45

Learning Objective: LO 2.1 Describe the external female sex organs and their functions.

Difficulty Level: Difficult

Skill Level: Apply

- 26) Women pass urine from _____.
A) the urethra, which empties into the vagina.
B) the urethral opening below the vaginal opening.
C) the urethral opening, which is the vagina.
D) the urethral opening above the vaginal opening.

Answer: D

Page Ref: 45

Learning Objective: LO 2.1 Describe the external female sex organs and their functions.

Difficulty Level: Moderate

Skill Level: Understand

- 27) Urine passes from the female's body through the _____.
A) fallopian tubes.
B) urethral opening.
C) vaginal opening.
D) ureter.

Answer: B

Page Ref: 45

Learning Objective: LO 2.1 Describe the external female sex organs and their functions.

Difficulty Level: Easy

Skill Level: Remember

- 28) Cystitis is a _____.
A) bladder inflammation.
B) calcium build up in the vulva.
C) vaginal infection.
D) painful period.

Answer: A

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Learning Objective: LO 2.1 Describe the external female sex organs and their functions.

Difficulty Level: Easy

Skill Level: Remember

- 29) A good friend of yours tells you she is experiencing painful and frequent urination and bloody discharge. She is likely to have _____.
A) menarche.
B) cervical cancer.
C) cystitis

D) premenstrual syndrome.

Answer: C

Page Ref: 46

Learning Objective: LO 2.1 Describe the external female sex organs and their functions.

Difficulty Level: Difficult

Skill Level: Apply

30) In order to help prevent cystitis, it is recommended that women _____.

A) drink plenty of caffeine.

B) avoid acidic beverages like orange juice.

C) avoid the use of vaginal lubricants.

D) urinate after intercourse.

Answer: D

Page Ref: 46

Learning Objective: LO 2.1 Describe the external female sex organs and their functions.

Difficulty Level: Difficult

Skill Level: Apply

31) The vaginal opening is called the _____.

A) introitus.

B) prepuce.

C) pudendum.

D) labia interna.

Answer: A

Page Ref: 46

Learning Objective: LO 2.1 Describe the external female sex organs and their functions.

Difficulty Level: Easy

Skill Level: Remember

32) The fold of tissue that partially or fully covers the vaginal opening is the _____.

A) clitoris.

B) cervix.

C) perineum.

D) hymen.

Answer: D

Page Ref: 46

Learning Objective: LO 2.1 Describe the external female sex organs and their functions.

Difficulty Level: Easy

Skill Level: Remember

33) The hymen or maidenhead is _____.

A) proof of virginity.

B) a fold of tissue across the vaginal opening.

C) evidence of sexual intercourse.

D) present until a woman gives birth.

Answer: B

Page Ref: 46

Learning Objective: LO 2.1 Describe the external female sex organs and their functions.

Difficulty Level: Easy

Skill Level: Remember

34) A common myth about the female hymen is that _____.

- A) sperm cells can pass around the hymen.
- B) the hymen will always break and bleed during first intercourse.
- C) some females are born without a hymen.
- D) tampon insertion may perforate a hymen.

Answer: B

Page Ref: 46

Learning Objective: LO 2.1 Describe the external female sex organs and their functions.

Difficulty Level: Easy

Skill Level: Remember

35) All of the following are reasons that the hymen is a poor indicator of virginity, *except* _____.

- A) the hymen may be torn by non-sexual activities.
- B) a flexible hymen may not rupture during intercourse.
- C) small penises may not rupture a typical hymen.
- D) women can stretch their hymen so it does not rupture painfully.

Answer: C

Page Ref: 46-47

Learning Objective: LO 2.1 Describe the external female sex organs and their functions.

Difficulty Level: Moderate

Skill Level: Understand

36) Under what condition might it be necessary for a woman to have her hymen surgically incised (cut)?

- A) An imperforate hymen
- B) A porous hymen
- C) A septate hymen
- D) A cribriform hymen

Answer: A

Page Ref: 47

Learning Objective: LO 2.1 Describe the external female sex organs and their functions.

Difficulty Level: Easy

Skill Level: Remember

37) When the hymen is almost completely, or completely, closed, it is called _____.

- A) a blocked hymen.
- B) a fractious hymen.
- C) an imperforate hymen.
- D) a stringent hymen.

Answer: C

Page Ref: 47

Learning Objective: LO 2.1 Describe the external female sex organs and their functions.
Difficulty Level: Easy
Skill Level: Remember

38) Which of the following statements is true based on cross-species comparisons of female sexual structures?

- A) The hymen is usually found in females in most species of mammal and in many birds.
- B) The hymen is found only in the great apes and in humans.
- C) The hymen is found in most mammals, but has no known function.
- D) The hymen is not present in other primates and has no known function.

Answer: D

Page Ref: 47

Learning Objective: LO 2.1 Describe the external female sex organs and their functions.
Difficulty Level: Easy
Skill Level: Remember

39) The skin and tissue between the vaginal opening and the anus is called the _____.

- A) perineum.
- B) prepuce.
- C) imperforate.
- D) episiotomy.

Answer: A

Page Ref: 47

Learning Objective: LO 2.1 Describe the external female sex organs and their functions.
Difficulty Level: Easy
Skill Level: Remember

40) The wing-shaped, leg-like structures that attach the clitoris to the pubic bone are called

- A) corpora cavernosa.
- B) clitoral crura.
- C) pubic-clitoral attachments.
- D) clitoral bulbs.

Answer: B

Page Ref: 47

Learning Objective: LO 2.1 Describe the external female sex organs and their functions.
Difficulty Level: Easy
Skill Level: Remember

41) The vestibular bulbs and Bartholin's glands are _____.

- A) muscular rings.
- B) corpora cavernosa.
- C) active during sexual arousal.
- D) essential for vaginal lubrication.

Answer: C

Page Ref: 47

Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.

Difficulty Level: Moderate

Skill Level: Understand

42) Cavernous structures that extend downward along the sides of the introitus that swell during sexual arousal.

- A) corpora cavernosa
- B) Bartholin's bulbs
- C) vestibular bulbs
- D) pubic-clitoral attachments

Answer: C

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Learning Objective: LO 2.1 Describe the external female sex organs and their functions.

Difficulty Level: Easy

Skill Level: Remember

43) Glands that lie just inside the minor lip and secrete fluid just before orgasm.

- A) corpora cavernosa
- B) Bartholin's bulbs
- C) vestibular bulbs
- D) pubic-clitoral attachments

Answer: B

Page Ref: 48

Learning Objective: LO 2.1 Describe the external female sex organs and their functions.

Difficulty Level: Easy

Skill Level: Remember

44) The tubular female sex organ that contains the penis during sexual intercourse and through which a baby is born.

- A) vagina
- B) vulva
- C) vestibule
- D) introitus

Answer: A

Page Ref: 48

Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.

Difficulty Level: Easy

Skill Level: Remember

45) The fluid of the Bartholin's glands _____.

- A) provides vaginal lubrication.
- B) causes engorgement of vaginal tissues.
- C) causes a form of sweating in the vagina.
- D) has no known purpose.

Answer: D

Page Ref: 48

Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.

Difficulty Level: Moderate

Skill Level: Understand

46) All of the following are functions of the vagina, *except* _____.

- A) menstrual flow.
- B) passing babies.
- C) accepting the penis during coitus.
- D) urine flow.

Answer: D

Page Ref: 48

Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.

Difficulty Level: Moderate

Skill Level: Understand

47) The Grafenberg spot is said to be located _____.

- A) in the left wall of the vaginal canal (from a woman's perspective).
- B) in the anterior (front) wall of the vagina.
- C) in the posterior (back) wall of the vagina.
- D) in the back of the vagina just below the cervix.

Answer: B

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Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.

Difficulty Level: Easy

Skill Level: Remember

48) The vagina is _____.

- A) like a rigid muscular tube at rest.
- B) usually only two inches long at rest.
- C) only able to expand in width during sexual arousal or childbirth.
- D) able to expand in length and width during sexual arousal.

Answer: D

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Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.

Difficulty Level: Easy

Skill Level: Remember

49) All of the following are true of the vaginal walls, *except* _____.

- A) they have three layers.
- B) the moisture level may vary for individuals.

- C) they are rich with blood vessels.
D) they are richly supplied with nerve endings.

Answer: D

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Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.

Difficulty Level: Moderate

Skill Level: Understand

- 50) Douching and vaginal sprays _____.
A) are recommended for proper hygiene.
B) are generally ineffective.
C) can restore the natural chemical balance in the vagina.
D) can irritate the vagina.

Answer: D

Page Ref: 50

Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.

Difficulty Level: Difficult

Skill Level: Apply

- 51) All of the following are true of vaginitis, *except* _____.
A) vaginitis can only be prevented with antibiotics.
B) vaginitis means vaginal inflammation.
C) vaginitis may be caused by birth control pills.
D) vaginitis may be involve abnormal discharge from the vagina.

Answer: A

Page Ref: 50

Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.

Difficulty Level: Difficult

Skill Level: Apply

- 52) The lower end of the uterus that connects it to the vagina is the _____.
A) cervix.
B) perineum.
C) endometrium.
D) fallopian tube.

Answer: A

Page Ref: 51

Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.

Difficulty Level: Easy

Skill Level: Remember

- 53) All of the following are true of the cervix, *except*

- A) its secretions contribute to the chemical balance of the vagina.
- B) it expands in length during sexual arousal.
- C) it expands to permit passage of a baby.
- D) sperm pass through the cervical canal.

Answer: B

Page Ref: 51

Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.

Difficulty Level: Moderate

Skill Level: Understand

54) The primary cause of cervical cancer is _____.

- A) infection with syphilis.
- B) infection with acquired immune deficiency syndrome (HIV/AIDS).
- C) infection with gonorrhea.
- D) infection with the human papilloma virus (HPV).

Answer: D

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Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.

Difficulty Level: Moderate

Skill Level: Understand

55) The Pap test is recommended for all women _____.

- A) between the ages of 13 and 75 years old.
- B) between the ages of 21 and 65 years old.
- C) under the age of 21.
- D) over the age of 65.

Answer: B

Page Ref: 51

Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.

Difficulty Level: Easy

Skill Level: Remember

56) Which type of cancer does the Pap test screen for?

- A) vaginal
- B) uterine
- C) cervical
- D) vulvar

Answer: C

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Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.

Difficulty Level: Moderate

Skill Level: Understand

57) The hollow, muscular, pear-shaped organ in which a fertilized ovum implants and develops until birth.

- A) vulva
- B) vagina
- C) fallopian tubes
- D) uterus

Answer: D

Page Ref: 52

Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.

Difficulty Level: Easy

Skill Level: Remember

58) _____ is the uppermost part of the uterus.

- A) fundus
- B) endometrium
- C) myometrium
- D) perimetrium

Answer: A

Page Ref: 52

Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.

Difficulty Level: Easy

Skill Level: Remember

59) _____ is the innermost layer of the uterus.

- A) fundus
- B) endometrium
- C) myometrium
- D) perimetrium

Answer: B

Page Ref: 52

Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.

Difficulty Level: Easy

Skill Level: Remember

60) The middle, well-muscled layer of the uterus is called the _____.

- A) fundus.
- B) endometrium.
- C) myometrium.
- D) perimetrium.

Answer: C

Page Ref: 52

Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.

Difficulty Level: Easy

Skill Level: Remember

61) The outer layer of the uterus is called the _____.

- A) fundus.
- B) endometrium.
- C) myometrium.
- D) perimetrium.

Answer: D

Page Ref: 52

Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.

Difficulty Level: Easy

Skill Level: Remember

62) Which is a risk factor in developing endometrial cancer?

- A) use of birth control pills
- B) pregnancy
- C) exercise
- D) increased number of menstrual cycle during one's lifetime

Answer: D

Page Ref: 52-53

Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.

Difficulty Level: Moderate

Skill Level: Understand

63) Which factor may help protect against endometrial cancer?

- A) hormone replacement therapy
- B) tamoxifen
- C) use of birth control pills
- D) diabetes

Answer: C

Page Ref: 52-53

Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.

Difficulty Level: Difficult

Skill Level: Apply

64) Approximately, how long are the fallopian tubes?

- A) 2 inches in length
- B) 4 inches in length
- C) 6 inches in length
- D) longer than 6 inches in length

Answer: B

Page Ref: 53

Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.

Difficulty Level: Easy

Skill Level: Remember

65) A generic term for the female sex hormone or synthetic compounds that promote the development of female sex characteristics and regulate the menstrual cycle.

- A) estrogen
- B) progesterone
- C) testosterone
- D) cortisol

Answer: A

Page Ref: 54

Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.

Difficulty Level: Easy

Skill Level: Remember

66) A steroid hormone secreted by the corpus luteum or prepared synthetically that stimulates proliferation of the endometrium and is involved in regulation of the menstrual cycle.

- A) estrogen
- B) testosterone
- C) progesterone
- D) cortisol

Answer: C

Page Ref: 54

Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.

Difficulty Level: Easy

Skill Level: Remember

67) Which is a risk factor for ovarian cancer?

- A) having had children
- B) obesity
- C) breast feeding
- D) use of aspirin or acetaminophen

Answer: A

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Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.

Difficulty Level: Moderate

Skill Level: Understand

68) Which factor appears to lower one's risk of ovarian cancer?

- A) use of androgens
- B) use of talcum powder in the genital region
- C) obesity
- D) use of aspirin or acetaminophen

Answer: D

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Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.

Difficulty Level: Moderate

Skill Level: Understand

69) A hysterectomy is the _____ most commonly performed operation on women in the United States.

- A) fourth
- B) third
- C) second
- D) first

Answer: C

Page Ref: 55

Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.

Difficulty Level: Moderate

Skill Level: Understand

70) A partial hysterectomy is _____.

- A) surgical removal of the uterus.
- B) surgical removal of the uterus and the ovaries.
- C) surgical removal of the uterus and fallopian tubes.
- D) surgical removal of the uterus, ovaries, and fallopian tubes.

Answer: A

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Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.

Difficulty Level: Easy

Skill Level: Remember

71) Each breast contains _____ clusters of milk-producing mammary glands.

- A) 5 to 10
- B) 15 to 20
- C) 25 to 35
- D) 40 to 60

Answer: B

Page Ref: 57

Learning Objective: LO 2.3 Describe the composition and functions of the breasts.

Difficulty Level: Easy

Skill Level: Remember

72) The dark ring on the breast that encircles the nipple is called _____.

- A) mammary glands
- B) fatty tissue
- C) areola
- D) glandular tissue

Answer: C

Page Ref: 57

Learning Objective: LO 2.3 Describe the composition and functions of the breasts.

Difficulty Level: Easy

Skill Level: Remember

73) What is a special type of X-ray test that detects cancerous lumps in the breast?

- A) mastectomy
- B) mammography
- C) lumpectomy
- D) pap-test

Answer: A

Page Ref: 58

Learning Objective: LO 2.4 Discuss risk factors for and detection and treatment of breast cancer.

Difficulty Level: Easy

Skill Level: Remember

74) After a breast cancer diagnosis, Mary had her entire breast surgically removed. This procedure is called a _____.

- A) pap-smear test
- B) lumpectomy
- C) mammography
- D) mastectomy

Answer: D

Page Ref: 58

Learning Objective: LO 2.4 Discuss risk factors for and detection and treatment of breast cancer.

Difficulty Level: Difficult

Skill Level: Apply

75) Breast cancer is the _____ leading cancer killer of women.

- A) second
- B) third
- C) fourth
- D) fifth

Answer: A

Page Ref: 58

Learning Objective: LO 2.4 Discuss risk factors for and detection and treatment of breast cancer.

Difficulty Level: Easy
Skill Level: Remember

76) Which factor may increase a woman's risk of breast cancer?

- A) alcohol consumption
- B) physical activity
- C) being underweight
- D) low breast density

Answer: A

Page Ref: 59

Learning Objective: LO 2.4 Discuss risk factors for and detection and treatment of breast cancer.

Difficulty Level: Moderate

Skill Level: Understand

77) Christina is a 30 year old woman. How often does the American Cancer Society recommend that she have a Clinical breast exam (CBE) performed?

- A) preferably every three years
- B) preferably every year
- C) it is optional
- D) every two years

Answer: A

Page Ref: 61

Learning Objective: LO 2.4 Discuss risk factors for and detection and treatment of breast cancer.

Difficulty Level: Difficult

Skill Level: Apply

78) Ann is 65 years old woman. How often does the American Cancer Society recommend that she have a Mammogram done?

- A) every three years
- B) every two years
- C) a woman should decide for herself how often she should have a mammogram
- D) every five years

Answer: B

Page Ref: 61

Learning Objective: LO 2.4 Discuss risk factors for and detection and treatment of breast cancer.

Difficulty Level: Difficult

Skill Level: Apply

79) How long is the average menstrual cycle?

- A) 14 days
- B) 21 days
- C) 28 days
- D) 35 days

Answer: C

Page Ref: 62

Learning Objective: LO 2.5 Describe the regulation and the phases of the menstrual cycle.

Difficulty Level: Easy

Skill Level: Remember

80) During this stage in the menstrual cycle, estrogen levels increase, causing the ripening of perhaps 10 to 20 ova within their follicles and the proliferation of endometrial tissue in the uterus.

- A) first stage of the menstrual cycle
- B) second stage of the menstrual cycle
- C) third stage of the menstrual cycle
- D) fourth state of the menstrual cycle

Answer: A

Page Ref: 62

Learning Objective: LO 2.5 Describe the regulation and the phases of the menstrual cycle.

Difficulty Level: Moderate

Skill Level: Understand

81) Erin is in a stage of her menstrual cycle when estrogen reaches peak blood levels, and ovulation occurs. Which stage is she in?

- A) The first stage of the menstrual cycle
- B) The second stage of the menstrual cycle
- C) The third stage of the menstrual cycle
- D) The fourth state of the menstrual cycle

Answer: B

Page Ref: 62

Learning Objective: LO 2.5 Describe the regulation and the phases of the menstrual cycle.

Difficulty Level: Difficult

Skill Level: Apply

82) What causes the endometrium to thicken so it will be able to support an embryo if fertilization occurs?

- A) estrogen
- B) testosterone
- C) cortisol
- D) progesterone

Answer: D

Page Ref: 63

Learning Objective: LO 2.5 Describe the regulation and the phases of the menstrual cycle.

Difficulty Level: Moderate

Skill Level: Understand

83) What is the structure near the center of the brain that is involved in regulating body temperature, motivation, and emotion?

- A) testes

- B) pituitary gland
- C) hypothalamus
- D) endocrine glands

Answer: C

Page Ref: 64

Learning Objective: LO 2.5 Describe the regulation and the phases of the menstrual cycle.

Difficulty Level: Easy

Skill Level: Remember

84) It secretes growth hormone, prolactin, oxytocin, and others.

- A) testes
- B) pituitary gland
- C) hypothalamus
- D) endocrine glands

Answer: B

Page Ref: 64

Learning Objective: LO 2.5 Describe the regulation and the phases of the menstrual cycle.

Difficulty Level: Easy

Skill Level: Remember

85) The male sex hormone that fosters the development of male sex characteristics and is connected with sex drive.

- A) estrogen
- B) progesterone
- C) testosterone
- D) oxytocin

Answer: C

Page Ref: 64

Learning Objective: LO 2.5 Describe the regulation and the phases of the menstrual cycle.

Difficulty Level: Easy

Skill Level: Remember

86) A pituitary hormone that stimulates production of milk.

- A) prolactin
- B) oxytocin
- C) gonadotropins
- D) luteinizing hormone (LH)

Answer: A

Page Ref: 65

Learning Objective: LO 2.5 Describe the regulation and the phases of the menstrual cycle.

Difficulty Level: Easy

Skill Level: Remember

87) A pituitary hormone that stimulates uterine contractions in labor and the ejection of milk during nursing.

- A) prolactin

- B) oxytocin
- C) gonadotropins
- D) luteinizing hormone (LH)

Answer: B

Page Ref: 65

Learning Objective: LO 2.5 Describe the regulation and the phases of the menstrual cycle.

Difficulty Level: Easy

Skill Level: Remember

88) A gonadotropin that helps regulate the menstrual cycle by triggering ovulation.

- A) prolactin
- B) oxytocin
- C) follicle-stimulating hormone (FSH)
- D) luteinizing hormone (LH)

Answer: D

Page Ref: 65

Learning Objective: LO 2.5 Describe the regulation and the phases of the menstrual cycle.

Difficulty Level: Easy

Skill Level: Remember

89) What is the first stage of the menstrual cycle, which begins with the end of menstruation and last about nine or ten days?

- A) proliferative phase
- B) ovulatory phase
- C) secretory phase
- D) menstrual phase

Answer: A

Page Ref: 65

Learning Objective: LO 2.5 Describe the regulation and the phases of the menstrual cycle.

Difficulty Level: Moderate

Skill Level: Understand

90) What is the second stage of the menstrual cycle, during which a follicle ruptures and releases a mature ovum?

- A) proliferative phase
- B) ovulatory phase
- C) secretory phase
- D) menstrual phase

Answer: B

Page Ref: 67

Learning Objective: LO 2.5 Describe the regulation and the phases of the menstrual cycle.

Difficulty Level: Moderate

Skill Level: Understand

91) The third phase of the menstrual cycle, which follows ovulation. It is also known as the luteal phase.

- A) proliferative phase
- B) ovulatory phase
- C) secretory phase
- D) menstrual phase

Answer: C

Page Ref: 67

Learning Objective: LO 2.5 Describe the regulation and the phases of the menstrual cycle.

Difficulty Level: Moderate

Skill Level: Understand

92) What is the fourth phase of the menstrual cycle, during which the endometrium is sloughed off in the menstrual flow?

- A) proliferative phase
- B) ovulatory phase
- C) secretory phase
- D) menstrual phase

Answer: D

Page Ref: 68

Learning Objective: LO 2.5 Describe the regulation and the phases of the menstrual cycle.

Difficulty Level: Moderate

Skill Level: Understand

93) Menopause commonly last for _____.

- A) one year
- B) two years
- C) three years
- D) five years or longer

Answer: A

Page Ref: 69

Learning Objective: LO 2.6 Define and discuss menopause, perimenopause, and the climacteric.

Difficulty Level: Easy

Skill Level: Remember

94) A condition caused by long-term estrogen deficiency that is characterized by a decline in bone density, such that bones become porous and brittle.

- A) bone cancer
- B) climacteric
- C) osteoporosis
- D) Parkinson's

Answer: C

Page Ref: 71

Learning Objective: LO 2.6 Define and discuss menopause, perimenopause, and the climacteric.

Difficulty Level: Moderate

Skill Level: Understand

95) Which of the following is correct about levels of LDL and HDL during menopause?

- A) Levels of LDL and HDL both rise during menopause.
- B) Levels of LDL and HDL both decrease during menopause.
- C) Levels of LDL rise and levels of HDL decrease during menopause.
- D) Levels of LDL decrease and levels of HDL rise during menopause.

Answer: C

Page Ref: 71

Learning Objective: LO 2.6 Define and discuss menopause, perimenopause, and the climacteric.

Difficulty Level: Moderate

Skill Level: Understand

96) What is the most common manifestation of dysmenorrhea?

- A) headache
- B) backache
- C) nausea
- D) pelvic cramps

Answer: D

Page Ref: 73

Learning Objective: LO 2.7 Define menstrual problems and discuss what can be done about them.

Difficulty Level: Moderate

Skill Level: Understand

97) The absence of menstruation in a woman who has not menstruated by the age of 16 or 17.

- A) primary amenorrhea
- B) secondary amenorrhea
- C) premenstrual syndrome
- D) primary dysmenorrhea

Answer: A

Page Ref: 74

Learning Objective: LO 2.7 Define menstrual problems and discuss what can be done about them.

Difficulty Level: Easy

Skill Level: Remember

98) What is the lack of menstruation in a woman who has previously menstruated called?

- A) primary amenorrhea
- B) secondary amenorrhea
- C) premenstrual syndrome
- D) primary dysmenorrhea

Answer: B

Page Ref: 74

Learning Objective: LO 2.7 Define menstrual problems and discuss what can be done about them.

Difficulty Level: Easy

Skill Level: Remember

99) _____ is a combination of physical and psychological symptoms that regularly afflicts many women during the four-to-six day interval that precedes their menses each month.

- A) primary amenorrhea
- B) secondary amenorrhea
- C) premenstrual syndrome
- D) primary dysmenorrhea

Answer: C

Page Ref: 74

Learning Objective: LO 2.7 Define menstrual problems and discuss what can be done about them.

Difficulty Level: Moderate

Skill Level: Understand

2.2 True/False

1) The term pudendum refers to female external genitals.

Answer: True

Page Ref: 41

Learning Objective: LO 2.1 Describe the external female sex organs and their functions.

Difficulty Level: Easy

Skill Level: Remember

2) The tissue that partially covers the clitoral glans is the mons veneris.

Answer: False

Page Ref: 42

Learning Objective: LO 2.1 Describe the external female sex organs and their functions.

Difficulty Level: Easy

Skill Level: Remember

3) The skin of the labia majora is typically darker than the surrounding skin of the thighs.

Answer: True

Page Ref: 42

Learning Objective: LO 2.1 Describe the external female sex organs and their functions.

Difficulty Level: Easy

Skill Level: Remember

4) The labia minora merge at the hood of the clitoris.

Answer: True

Page Ref: 43

Learning Objective: LO 2.1 Describe the external female sex organs and their functions.

Difficulty Level: Easy

Skill Level: Remember

5) The clitoris is the only sex organ whose only known function is providing pleasure.

Answer: True

Page Ref: 44

Learning Objective: LO 2.1 Describe the external female sex organs and their functions.
Difficulty Level: Moderate
Skill Level: Understand

6) The clitoris and penis are analogous but *not* homologous.

Answer: False

Page Ref: 44

Learning Objective: LO 2.1 Describe the external female sex organs and their functions.
Difficulty Level: Moderate
Skill Level: Understand

7) In women, the urethra is the outside end of the tube leading from the bladder and located between the clitoris and vaginal opening.

Answer: True

Page Ref: 45

Learning Objective: LO 2.1 Describe the external female sex organs and their functions.
Difficulty Level: Easy
Skill Level: Remember

8) The location of the urethral opening poses hygienic problems for sexually active women.

Answer: True

Page Ref: 45

Learning Objective: LO 2.1 Describe the external female sex organs and their functions.
Difficulty Level: Easy
Skill Level: Remember

9) Drinking too much water can cause urinary tract infections.

Answer: False

Page Ref: 46

Learning Objective: LO 2.1 Describe the external female sex organs and their functions.
Difficulty Level: Easy
Skill Level: Remember

10) Drinking cranberry or orange juice can help reduce bladder inflammation.

Answer: True

Page Ref: 46

Learning Objective: LO 2.1 Describe the external female sex organs and their functions.
Difficulty Level: Difficult
Skill Level: Apply

11) The hymen is only found in female horses and humans.

Answer: True

Page Ref: 47

Learning Objective: LO 2.1 Describe the external female sex organs and their functions.
Difficulty Level: Easy
Skill Level: Remember

12) Lubrication from Bartholin's glands is essential for coitus.

Answer: False

Page Ref: 48

Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.

Difficulty Level: Moderate

Skill Level: Understand

13) The vagina is usually 3–5 inches long at rest.

Answer: True

Page Ref: 48

Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.

Difficulty Level: Easy

Skill Level: Remember

14) The vaginal walls are poorly supplied with blood vessels, but rich with nerve endings.

Answer: False

Page Ref: 49

Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.

Difficulty Level: Easy

Skill Level: Remember

15) Douche and feminine deodorant sprays may help to decrease a woman's chances of infection.

Answer: False

Page Ref: 50

Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.

Difficulty Level: Easy

Skill Level: Remember

16) Vaginitis refers to any vaginal inflammation, whether it is caused by infection, birth control pills, etc.

Answer: True

Page Ref: 50

Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.

Difficulty Level: Easy

Skill Level: Remember

17) Women with vaginitis are encouraged to wear nylon underwear.

Answer: False

Page Ref: 50

Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.

Difficulty Level: Moderate

Skill Level: Understand

18) The cervix is the upper end of the uterus.

Answer: False

Page Ref: 51

Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.

Difficulty Level: Easy

Skill Level: Remember

19) Cervical cancer is relatively common in the United States.

Answer: False

Page Ref: 51

Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.

Difficulty Level: Easy

Skill Level: Remember

20) The primary cause of cervical cancer is infection with the human papilloma virus (HPV).

Answer: True

Page Ref: 51

Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.

Difficulty Level: Easy

Skill Level: Remember

21) The fundus uppermost part of the uterus.

Answer: True

Page Ref: 52

Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.

Difficulty Level: Easy

Skill Level: Remember

22) The endometrium is the innermost layer of the uterus.

Answer: True

Page Ref: 52

Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.

Difficulty Level: Easy

Skill Level: Remember

23) The myometrium provides an external cover of the uterus.

Answer: False

Page Ref: 52

Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.

Difficulty Level: Easy

Skill Level: Remember

24) Hormone replacement therapy increases a woman's chances of endometrial cancer.

Answer: True

Page Ref: 52

Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.

Difficulty Level: Moderate

Skill Level: Understand

25) A low-fat diet increases a woman's chances of endometrial cancer.

Answer: False

Page Ref: 53

Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.

Difficulty Level: Moderate

Skill Level: Understand

26) Use of an intrauterine device (IUD) may be a factor in protecting against endometrial cancer.

Answer: True

Page Ref: 53

Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.

Difficulty Level: Moderate

Skill Level: Understand

27) About 25% of pregnancies are ectopic pregnancies.

Answer: False

Page Ref: 54

Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.

Difficulty Level: Easy

Skill Level: Remember

28) The female organ that produce sex hormones and where follicle cells are stored and released is referred to as the uterus.

Answer: False

Page Ref: 54

Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.

Difficulty Level: Easy

Skill Level: Remember

29) The typical age ovarian cancer is most likely to happen is between 40 and 70.

Answer: True

Page Ref: 54

Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.

Difficulty Level: Easy

Skill Level: Remember

30) Ovarian cancer is often “silent” in the early stages, showing no obvious signs or symptoms.

Answer: True

Page Ref: 54

Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.

Difficulty Level: Moderate

Skill Level: Understand

31) The Pap test is useful in detecting cervical and ovarian cancer.

Answer: False

Page Ref: 55

Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.

Difficulty Level: Easy

Skill Level: Remember

32) In the United States, one in three women has a hysterectomy by the age of 60.

Answer: True

Page Ref: 55

Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.

Difficulty Level: Easy

Skill Level: Remember

33) During a partial hysterectomy, the uterus and fallopian tubes are surgically removed.

Answer: False

Page Ref: 55

Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.

Difficulty Level: Easy

Skill Level: Remember

34) Mara is experiencing severe pain during a pelvic examination. This is considered to be normal.

Answer: False

Page Ref: 56

Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.

Difficulty Level: Difficult

Skill Level: Apply

35) The amount of mammary glandular tissue largely determines breast size.

Answer: False

Page Ref: 57

Learning Objective: LO 2.3 Describe the composition and functions of the breasts.

Difficulty Level: Easy

Skill Level: Remember

36) Women who have a generally larger breast size do not produce more milk than women with a generally smaller breast size.

Answer: True

Page Ref: 57

Learning Objective: LO 2.3 Describe the composition and functions of the breasts.

Difficulty Level: Moderate

Skill Level: Understand

37) The darker disk of skin encircling each nipple is called the victrola.

Answer: False

Page Ref: 57

Learning Objective: LO 2.3 Describe the composition and functions of the breasts.

Difficulty Level: Easy

Skill Level: Remember

38) Breast cancer involves lumps in the breast that are benign.

Answer: False

Page Ref: 58

Learning Objective: LO 2.4 Discuss risk factors for and detection and treatment of breast cancer.

Difficulty Level: Easy

Skill Level: Remember

39) Men can also develop breast cancer.

Answer: True

Page Ref: 58

Learning Objective: LO 2.4 Discuss risk factors for and detection and treatment of breast cancer.

Difficulty Level: Easy

Skill Level: Remember

40) It is normal for a woman to have one breast be slightly larger than the other.

Answer: True

Page Ref: 58

Learning Objective: LO 2.4 Discuss risk factors for and detection and treatment of breast cancer.

Difficulty Level: Easy

Skill Level: Remember

41) Most lumps found in the breast are cancerous.

Answer: False

Page Ref: 59

Learning Objective: LO 2.4 Discuss risk factors for and detection and treatment of breast cancer.

Difficulty Level: Easy

Skill Level: Remember

42) Higher breast density is a factor that increases the risk of breast cancer.

Answer: True

Page Ref: 59

Learning Objective: LO 2.4 Discuss risk factors for and detection and treatment of breast cancer.

Difficulty Level: Easy

Skill Level: Remember

43) Being overweight or obese is a factor that increases the risk of breast cancer.

Answer: True

Page Ref: 59

Learning Objective: LO 2.4 Discuss risk factors for and detection and treatment of breast cancer.

Difficulty Level: Easy

Skill Level: Remember

44) It was once recommended that women conduct breast self-examinations (BSEs) at least once a month, but now the American Cancer Society considers BSEs to be optional.

Answer: True

Page Ref: 60

Learning Objective: LO 2.4 Discuss risk factors for and detection and treatment of breast cancer.

Difficulty Level: Easy

Skill Level: Remember

45) The risk of breast cancer greatly increases with age.

Answer: True

Page Ref: 61

Learning Objective: LO 2.4 Discuss risk factors for and detection and treatment of breast cancer.

Difficulty Level: Moderate

Skill Level: Understand

46) The American Cancer Society recommends that women over the age of 20 should perform monthly breast self-examinations.

Answer: False

Page Ref: 61

Learning Objective: LO 2.4 Discuss risk factors for and detection and treatment of breast cancer.

Difficulty Level: Easy

Skill Level: Remember

47) Anti-breast cancer medicines, like tamoxifen, are able to lock into the estrogen receptor of breast cancer cells and block the effects of estrogen.

Answer: True

Page Ref: 61

Learning Objective: LO 2.4 Discuss risk factors for and detection and treatment of breast cancer.

Difficulty Level: Easy

Skill Level: Remember

48) European Americans are more likely to develop breast cancer than African American women.

Answer: False

Page Ref: 62

Learning Objective: LO 2.4 Discuss risk factors for and detection and treatment of breast cancer.

Difficulty Level: Easy

Skill Level: Remember

49) The menstrual cycle averages 21 days.

Answer: False

Page Ref: 62

Learning Objective: LO 2.5 Describe the regulation and the phases of the menstrual cycle.

Difficulty Level: Easy

Skill Level: Remember

50) The corpus luteum is the follicle that releases an ovum and then produces copious amounts of progesterone and estrogen during the luteal phase of a woman's cycle.

Answer: True

Page Ref: 63

Learning Objective: LO 2.5 Describe the regulation and the phases of the menstrual cycle.

Difficulty Level: Moderate

Skill Level: Understand

51) A woman's last menstrual period is known as menarche.

Answer: False

Page Ref: 63

Learning Objective: LO 2.5 Describe the regulation and the phases of the menstrual cycle.

Difficulty Level: Easy
Skill Level: Remember

52) The menstrual cycle involves a relationship between the brain, ovaries, and uterus.

Answer: True

Page Ref: 64

Learning Objective: LO 2.5 Describe the regulation and the phases of the menstrual cycle.

Difficulty Level: Moderate

Skill Level: Understand

53) The pituitary gland secretes growth hormone, prolactin, oxytocin, and others.

Answer: True

Page Ref: 64

Learning Objective: LO 2.5 Describe the regulation and the phases of the menstrual cycle.

Difficulty Level: Easy

Skill Level: Remember

54) Progesterone is the male sex hormone that fosters the development of the male sex characteristics and is connected with sex drive.

Answer: False

Page Ref: 64

Learning Objective: LO 2.5 Describe the regulation and the phases of the menstrual cycle.

Difficulty Level: Moderate

Skill Level: Understand

55) The endometrium is the lining to the uterus that thickens in anticipation of a possible fertilized ovum arriving.

Answer: True

Page Ref: 65

Learning Objective: LO 2.5 Describe the regulation and the phases of the menstrual cycle.

Difficulty Level: Easy

Skill Level: Remember

56) In the proliferative phase of the menstrual cycle, a follicle ruptures and releases a mature ovum.

Answer: False

Page Ref: 67

Learning Objective: LO 2.5 Describe the regulation and the phases of the menstrual cycle.

Difficulty Level: Moderate

Skill Level: Understand

57) A woman's basal body temperatures, taken by oral or rectal thermometer, increase slightly at ovulation.

Answer: False

Page Ref: 67

Learning Objective: LO 2.5 Describe the regulation and the phases of the menstrual cycle.

Difficulty Level: Moderate
Skill Level: Understand

58) The menstrual phase occurs when decreasing estrogen and progesterone levels can no longer sustain the uterine lining.

Answer: True

Page Ref: 68

Learning Objective: LO 2.5 Describe the regulation and the phases of the menstrual cycle.

Difficulty Level: Moderate

Skill Level: Understand

59) Warning signs of Toxic Shock Syndrome (TSS) include fever, headache, sore throat, vomiting, diarrhea, muscle aches, rash, and dizziness.

Answer: True

Page Ref: 68

Learning Objective: LO 2.5 Describe the regulation and the phases of the menstrual cycle.

Difficulty Level: Easy

Skill Level: Remember

60) The term climacteric refers to the gradual decline in the reproductive capacity of the ovaries.

Answer: True

Page Ref: 69

Learning Objective: LO 2.5 Describe the regulation and the phases of the menstrual cycle.

Difficulty Level: Easy

Skill Level: Remember

61) Estrogen deficiency has not been proven to have psychological effects on women.

Answer: False

Page Ref: 70

Learning Objective: LO 2.6 Define and discuss menopause, perimenopause, and the climacteric.

Difficulty Level: Moderate

Skill Level: Understand

62) During Hormone Replacement Therapy (HRT), hormones such as estrogen and progestin are administered to alleviate health problems associated with the loss of natural hormones.

Answer: True

Page Ref: 71

Learning Objective: LO 2.6 Define and discuss menopause, perimenopause, and the climacteric.

Difficulty Level: Difficult

Skill Level: Apply

63) The connection between estrogen and colon cancer is unclear.

Answer: True

Page Ref: 71

Learning Objective: LO 2.6 Define and discuss menopause, perimenopause, and the climacteric.

Difficulty Level: Moderate

Skill Level: Understand

64) Vaginal dryness can be treated with estrogens that are used locally.

Answer: True

Page Ref: 72

Learning Objective: LO 2.6 Define and discuss menopause, perimenopause, and the climacteric.

Difficulty Level: Easy

Skill Level: Remember

65) Drinking milk decreases bone density among girls.

Answer: False

Page Ref: 72

Learning Objective: LO 2.6 Define and discuss menopause, perimenopause, and the climacteric.

Difficulty Level: Easy

Skill Level: Remember

66) Primary dysmenorrhea is menstrual pain or discomfort that is caused by identified organic problems.

Answer: False

Page Ref: 73

Learning Objective: LO 2.7 Define menstrual problems and discuss what can be done about them.

Difficulty Level: Easy

Skill Level: Remember

67) Secondary dysmenorrhea is menstrual pain or discomfort that occurs in the absence of known organic problems.

Answer: False

Page Ref: 73

Learning Objective: LO 2.7 Define menstrual problems and discuss what can be done about them.

Difficulty Level: Easy

Skill Level: Remember

68) Primary amenorrhea is the absence of menstruation in a woman who has not menstruated by about the age of 16 or 17.

Answer: True

Page Ref: 74

Learning Objective: LO 2.7 Define menstrual problems and discuss what can be done about them.

Difficulty Level: Easy

Skill Level: Remember

69) Secondary amenorrhea is the lack of menstruation in a woman who has previously menstruated.

Answer: True

Page Ref: 74

Learning Objective: LO 2.7 Define menstrual problems and discuss what can be done about them.

Difficulty Level: Easy

Skill Level: Remember

70) Premenstrual Dysphoric Disorder (PMDD) is more severe than Premenstrual Syndrome (PMS).

Answer: True

Page Ref: 74

Learning Objective: LO 2.7 Define menstrual problems and discuss what can be done about them.

Difficulty Level: Easy

Skill Level: Remember

71) Severe menstrual symptoms can be secondary to medical disorder such as endometriosis and pelvic inflammatory disease (PID).

Answer: True

Page Ref: 75

Learning Objective: LO 2.7 Define menstrual problems and discuss what can be done about them.

Difficulty Level: Moderate

Skill Level: Understand

2.3 Short Answer

1) List the external female sex organs.

Page Ref: 42-48

Learning Objective: LO 2.1 Describe the external female sex organs and their functions.

Difficulty Level: Easy

Skill Level: Remember

2) What is the difference between the labia majora and labia minora?

Page Ref: 42-43

Learning Objective: LO 2.1 Describe the external female sex organs and their functions.

Difficulty Level: Moderate

Skill Level: Understand

3) List the four major types of female genital mutilation.

Page Ref: 45

Learning Objective: LO 2.1 Describe the external female sex organs and their functions.

Difficulty Level: Easy

Skill Level: Remember

4) List the parts of the female reproductive system.

Page Ref: 45

Learning Objective: LO 2.1 Describe the external female sex organs and their functions.
Difficulty Level: Easy
Skill Level: Remember

5) List three precautions that may help women prevent inflammation of the bladder.

Page Ref: 46

Learning Objective: LO 2.1 Describe the external female sex organs and their functions.
Difficulty Level: Easy
Skill Level: Remember

6) List three different ways that the hymen and the Introitus might appear following the delivery of a baby.

Page Ref: 47

Learning Objective: LO 2.1 Describe the external female sex organs and their functions.
Difficulty Level: Moderate
Skill Level: Understand

7) List the female internal reproductive organs.

Page Ref: 49-56

Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.
Difficulty Level: Easy
Skill Level: Remember

8) List 3 potential negative aspects of use douche or feminine deodorant spray.

Page Ref: 50

Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.
Difficulty Level: Moderate
Skill Level: Understand

9) List three suggestions that may help to prevent vaginitis.

Page Ref: 51

Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.
Difficulty Level: Moderate
Skill Level: Understand

10) List two factors that may increase a woman's chances of having cervical cancer.

Page Ref: 51

Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.
Difficulty Level: Moderate
Skill Level: Understand

11) List the various parts of the uterus.

Page Ref: 52

Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.

Difficulty Level: Moderate

Skill Level: Understand

12) List five risk factors for endometrial cancer.

Page Ref: 52-53

Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.

Difficulty Level: Easy

Skill Level: Remember

13) List two factors that help to protect against endometrial cancer.

Page Ref: 53

Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.

Difficulty Level: Moderate

Skill Level: Understand

14) List three risk factors for ectopic pregnancy.

Page Ref: 53

Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.

Difficulty Level: Moderate

Skill Level: Understand

15) List four risk factors for ovarian cancer.

Page Ref: 54

Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.

Difficulty Level: Moderate

Skill Level: Understand

16) List three factors that appear to lower the risk of ovarian cancer.

Page Ref: 54

Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.

Difficulty Level: Moderate

Skill Level: Understand

17) Explain the difference between a complete hysterectomy and a partial hysterectomy.

Page Ref: 55

Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.

Difficulty Level: Moderate

Skill Level: Understand

18) List the parts of an adult woman's breast as described in this chapter.

Page Ref: 57

Learning Objective: LO 2.3 Describe the composition and functions of the breasts.

Difficulty Level: Easy

Skill Level: Remember

19) Explain the difference between a lumpectomy and a mastectomy.

Page Ref: 58

Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.

Difficulty Level: Moderate

Skill Level: Understand

20) List five factors that may increase the risk of breast cancer.

Page Ref: 59

Learning Objective: LO 2.4 Discuss risk factors for and detection and treatment of breast cancer.

Difficulty Level: Moderate

Skill Level: Understand

21) List the three ways one may perform a breast self-examination (BSE).

Page Ref: 60

Learning Objective: LO 2.4 Discuss risk factors for and detection and treatment of breast cancer.

Difficulty Level: Moderate

Skill Level: Understand

22) List two drugs that are used to treat breast cancer.

Page Ref: 61

Learning Objective: LO 2.4 Discuss risk factors for and detection and treatment of breast cancer.

Difficulty Level: Moderate

Skill Level: Understand

23) Describe what occurs during the ovulation phase of menstruation.

Page Ref: 62-63

Learning Objective: LO 2.5 Describe the regulation and the phases of the menstrual cycle.

Difficulty Level: Moderate

Skill Level: Understand

24) List the major glands of the endocrine system.

Page Ref: 64

Learning Objective: LO 2.5 Describe the regulation and the phases of the menstrual cycle.

Difficulty Level: Easy

Skill Level: Remember

25) List the phases of the menstrual cycle.

Page Ref: 65-68

Learning Objective: LO 2.5 Describe the regulation and the phases of the menstrual cycle.

Difficulty Level: Easy

Skill Level: Remember

26) Describe what occurs during the secretory phase of menstruation.

Page Ref: 67

Learning Objective: LO 2.5 Describe the regulation and the phases of the menstrual cycle.

Difficulty Level: Moderate

Skill Level: Understand

27) Describe what occurs during the menstrual phase of the menstrual cycle.

Page Ref: 68

Learning Objective: LO 2.5 Describe the regulation and the phases of the menstrual cycle.

Difficulty Level: Moderate

Skill Level: Understand

28) List the signs of Toxic Shock Syndrome (TSS).

Page Ref: 68

Learning Objective: LO 2.5 Describe the regulation and the phases of the menstrual cycle.

Difficulty Level: Easy

Skill Level: Remember

29) List three of the unpleasant perimenopausal sensations a woman may experience.

Page Ref: 70

Learning Objective: LO 2.6 Define and discuss menopause, perimenopause, and the climacteric.

Difficulty Level: Easy

Skill Level: Remember

30) List two of the potential positive aspects of Hormone Replacement Therapy (HRT).

Page Ref: 71

Learning Objective: LO 2.6 Define and discuss menopause, perimenopause, and the climacteric.

Difficulty Level: Moderate

Skill Level: Understand

31) List some of the potential risks of Hormone Replacement Therapy (HRT).

Page Ref: 71

Learning Objective: LO 2.6 Define and discuss menopause, perimenopause, and the climacteric.

Difficulty Level: Easy

Skill Level: Remember

32) List two of the myths about menopause.

Page Ref: 72

Learning Objective: LO 2.6 Define and discuss menopause, perimenopause, and the climacteric.
Difficulty Level: Easy
Skill Level: Remember

33) List the ways dysmenorrhea may manifest itself.

Page Ref: 73

Learning Objective: LO 2.7 Define menstrual problems and discuss what can be done about them.

Difficulty Level: Moderate

Skill Level: Understand

34) List the organic disorders that may give rise to secondary dysmenorrhea.

Page Ref: 73

Learning Objective: LO 2.7 Define menstrual problems and discuss what can be done about them.

Difficulty Level: Moderate

Skill Level: Understand

35) Explain the difference between primary amenorrhea and secondary amenorrhea.

Page Ref: 74

Learning Objective: LO 2.7 Define menstrual problems and discuss what can be done about them.

Difficulty Level: Moderate

Skill Level: Understand

36) List the symptoms of Premenstrual Syndrome (PMS).

Page Ref: 74

Learning Objective: LO 2.7 Define menstrual problems and discuss what can be done about them.

Difficulty Level: Easy

Skill Level: Remember

37) List three of the symptoms of Premenstrual Dysphoric Disorder (PMDD).

Page Ref: 74

Learning Objective: LO 2.7 Define menstrual problems and discuss what can be done about them.

Difficulty Level: Easy

Skill Level: Remember

38) List some suggestion on ways to handle menstrual discomfort.

Page Ref: 75-76

Learning Objective: LO 2.7 Define menstrual problems and discuss what can be done about them.

Difficulty Level: Moderate

Skill Level: Understand

2.4 Essay

1) Describe the function of each of the external female sex organs.

Page Ref: 41-48

Learning Objective: LO 2.1 Describe the external female sex organs and their functions.

Difficulty Level: Moderate

Skill Level: Understand

2) Describe the four major types of female genital mutilations, what they are, and what it means.

Page Ref: 45

Learning Objective: LO 2.1 Describe the external female sex organs and their functions.

Difficulty Level: Moderate

Skill Level: Understand

3) Describe what cystitis is and the precautions that may help women prevent inflammation of the bladder.

Page Ref: 46

Learning Objective: LO 2.1 Describe the external female sex organs and their functions.

Difficulty Level: Moderate

Skill Level: Understand

4) Describe what the hymen is and the different types of hymens described in this chapter, as well as what the different types of hymens mean.

Page Ref: 47

Learning Objective: LO 2.1 Describe the external female sex organs and their functions.

Difficulty Level: Easy

Skill Level: Remember

5) Describe the structures that underlie the female external sex organs from this chapter and where they are located.

Page Ref: 48-49

Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.

Difficulty Level: Easy

Skill Level: Remember

6) Describe where the internal female sex organs are located and their functions.

Page Ref: 48-56

Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.

Difficulty Level: Easy

Skill Level: Remember

7) Describe what the Grafenberg spot is and where it is located.

Page Ref: 49

Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.

Difficulty Level: Easy

Skill Level: Remember

8) Describe vaginitis, how it happens, and the ways that it can be prevented.

Page Ref: 50

Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.

Difficulty Level: Easy

Skill Level: Remember

9) Describe cervical cancer, the screening tests that can help to prevent it, and the ways cervical cancer may be treated.

Page Ref: 51-52

Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.

Difficulty Level: Moderate

Skill Level: Understand

10) Describe endometrial cancer and the risk factors, as well as the factors that help protect against it.

Page Ref: 52-53

Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.

Difficulty Level: Moderate

Skill Level: Understand

11) Describe ovarian cancer and the risk factors, as well as the factors that help protect against it.

Page Ref: 54

Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.

Difficulty Level: Moderate

Skill Level: Understand

12) Detail the steps that may be taken when a pelvic examination is performed.

Page Ref: 55-56

Learning Objective: LO 2.2 Describe the internal female sex organs, their functions, and health problems that may affect them.

Difficulty Level: Moderate

Skill Level: Understand

13) Describe the composition and the function of the breasts.

Page Ref: 56-57

Learning Objective: LO 2.3 Describe the composition and functions of the breasts.

Difficulty Level: Moderate

Skill Level: Understand

14) Describe breast cancer and the risk factors, as well as the recommendations for breast cancer screening.

Page Ref: 58-61

Learning Objective: LO 2.4 Discuss risk factors for and detection and treatment of breast cancer.

Difficulty Level: Moderate

Skill Level: Understand

15) Describe the proper technique for performing a breast self-examination (BSE) when in the shower, before a mirror and when lying down.

Page Ref: 60

Learning Objective: LO 2.4 Discuss risk factors for and detection and treatment of breast cancer.

Difficulty Level: Moderate

Skill Level: Understand

16) Describe the different options available when treating breast cancer.

Page Ref: 61

Learning Objective: LO 2.4 Discuss risk factors for and detection and treatment of breast cancer.

Difficulty Level: Moderate

Skill Level: Understand

17) Explain how the menstrual cycle involves finely tuned relationships between structures in the hypothalamus and pituitary gland and the ovaries and the uterus.

Page Ref: 64-65

Learning Objective: LO 2.5 Describe the regulation and the phases of the menstrual cycle.

Difficulty Level: Moderate

Skill Level: Understand

18) Describe the phases of the menstrual cycle, including how long each phase lasts.

Page Ref: 65-68

Learning Objective: LO 2.5 Describe the regulation and the phases of the menstrual cycle.

Difficulty Level: Moderate

Skill Level: Understand

19) Describe and compare menopause, perimenopause, and the climacteric.

Page Ref: 69-71

Learning Objective: LO 2.6 Define and discuss menopause, perimenopause, and the climacteric.

Difficulty Level: Difficult

Skill Level: Apply

20) Discuss the potential positive and negative aspects of Hormone Replacement Therapy (HRT).

Page Ref: 71-72

Learning Objective: LO 2.7 Define menstrual problems and discuss what can be done about them.

Difficulty Level: Moderate

Skill Level: Understand

21) Discuss the various menstrual problems that women may experience.

Page Ref: 73-74

Learning Objective: LO 2.7 Define menstrual problems and discuss what can be done about them.

Difficulty Level: Moderate

Skill Level: Understand

22) Discuss Premenstrual Dysphoric Disorder (PMDD) and its symptoms.

Page Ref: 74-75

Learning Objective: LO 2.7 Define menstrual problems and discuss what can be done about them.

Difficulty Level: Easy

Skill Level: Remember

23) Discuss suggestions to handle menstrual discomfort.

Page Ref: 75-76

Learning Objective: LO 2.7 Define menstrual problems and discuss what can be done about them.

Difficulty Level: Moderate

Skill Level: Understand