

Health: The Basics, 12e (Donatelle)

Chapter 12 Reducing Your Risk of Cardiovascular Disease and Cancer

1) How many adult Americans suffer from some type of cardiovascular disease?

- A) one out of five
- B) one out of four
- C) one out of three
- D) one out of two

Answer: C

Diff: 1

Skill: Remembering

Section: Cardiovascular Disease in the United States

Learning Outcome: 12.1

2) The absence of clinical indicators of cardiovascular disease and the presence of certain behavioral and health factor metrics is known as

- A) cardiovascular fitness.
- B) cardiorespiratory fitness.
- C) heart-related quality of life.
- D) ideal cardiovascular health.

Answer: D

Diff: 1

Skill: Remembering

Section: Cardiovascular Disease in the United States

Learning Outcome: 12.1

3) The human heart is about the size of a(n)

- A) golf ball.
- B) adult's fist.
- C) small plum.
- D) grapefruit.

Answer: B

Diff: 1

Skill: Remembering

Section: Understanding the Cardiovascular System

Learning Outcome: 12.2

4) Cardiometabolic risk (CMR) is

- A) a set of risk factors that affect both cardiovascular health and the body's metabolic processes.
- B) a group of metabolic conditions occurring together that increase the risk for cardiovascular disease and type 2 diabetes.
- C) the cardiovascular and metabolic factors that together increase the risk for cognitive decline.
- D) a measurement of a given individual's risk for coronary artery disease and/or type 2 diabetes.

Answer: A

Diff: 2

Skill: Understanding

Section: Reducing Your Risks

Learning Outcome: 12.4

5) Which of the following can help prevent cardiovascular disease?

- A) living a sedentary life
- B) avoiding tobacco
- C) consuming a moderate level of *trans* fats
- D) raising LDL levels

Answer: B

Diff: 2

Skill: Understanding

Section: Reducing Your Risks

Learning Outcome: 12.4

6) Which of the following blood cholesterol profiles is optimal?

- A) total cholesterol = 200; HDL cholesterol = 30
- B) total cholesterol = 240; LDL cholesterol = 180
- C) total cholesterol = 170; HDL cholesterol = 70
- D) HDL cholesterol = 50; LDL cholesterol = 130

Answer: C

Diff: 4

Skill: Analyzing

Section: Reducing Your Risks

Learning Outcome: 12.4

7) Which of the following characteristics would be consistent with a diagnosis of metabolic syndrome in an adult female?

- A) blood pressure of 155/90
- B) fasting blood glucose of 80 mg/dL
- C) HDL of 60
- D) waist measurement of 30 inches

Answer: A

Diff: 4

Skill: Analyzing

Section: Reducing Your Risks

Learning Outcome: 12.4

8) The average healthy adult heart beats 70-80 beats per minute. A lower heart rate of 60 might indicate that

- A) the individual is very fit.
- B) a heart valve is malfunctioning.
- C) the individual is stressed.
- D) the individual is engaging in vigorous exercise.

Answer: A

Diff: 4

Skill: Analyzing

Section: Understanding the Cardiovascular System

Learning Outcome: 12.2

9) An adult with a damaged sinoatrial node

- A) must have a heart transplant to survive.
- B) must have a pacemaker implanted to control the heart rhythm.
- C) must take medication to control the heartbeat.
- D) does not usually have any significant health problems.

Answer: B

Diff: 2

Skill: Understanding

Section: Understanding the Cardiovascular System

Learning Outcome: 12.2

10) Which of the following is TRUE in regard to atherosclerosis?

- A) It is characterized by a buildup of substances within the arteries that form plaque.
- B) It is easily reversed with medication and exercise.
- C) It only starts to develop after the age of 50.
- D) Males are much more likely to develop it than are women.

Answer: A

Diff: 2

Skill: Understanding

Section: Key Cardiovascular Diseases

Learning Outcome: 12.3

11) An individual would most likely suffer from angina pectoris when

- A) sleeping.
- B) walking up a flight of stairs.
- C) working at a computer.
- D) watching television.

Answer: B

Diff: 3

Skill: Applying

Section: Key Cardiovascular Diseases

Learning Outcome: 12.3

12) All of the following are methods of reducing risk for CVD EXCEPT

- A) quitting smoking.
- B) achieving and maintaining a healthy weight.
- C) increasing triglycerides in your blood.
- D) increasing exercise.

Answer: C

Diff: 2

Skill: Understanding

Section: Reducing Your Risks

Learning Outcome: 12.4

13) A reduction in the oxygen supply to a part of the body or an organ such as the heart is known as

- A) angina pectoris.
- B) ischemia.
- C) atherosclerosis.
- D) myocardial infarction.

Answer: B

Diff: 1

Skill: Remembering

Section: Key Cardiovascular Diseases

Learning Outcome: 12.3

14) Metabolic syndrome is characterized by all of the following EXCEPT

- A) fat deposits in the abdomen.
- B) insulin resistance.
- C) elevated triglycerides.
- D) low blood pressure.

Answer: D

Diff: 2

Skill: Understanding

Section: Reducing Your Risks

Learning Outcome: 12.4

15) Which of the following represents the correct sequence of blood flow as it travels through the heart?

- A) right atrium, right ventricle, lungs, left atrium, left ventricle, aorta
- B) aorta, right ventricle, right atrium, lungs, left atrium, left ventricle
- C) left ventricle, left atrium, aorta, right ventricle, right atrium, lungs
- D) venae cavae, both atria, both ventricles, aorta

Answer: A

Diff: 2

Skill: Understanding

Section: Understanding the Cardiovascular System

Learning Outcome: 12.2

16) Which of the following would NOT be a contributing cause of congestive heart failure?

- A) rheumatic fever
- B) radiation or chemotherapy
- C) reaction to a tetanus vaccination
- D) pneumonia

Answer: C

Diff: 2

Skill: Understanding

Section: Key Cardiovascular Diseases

Learning Outcome: 12.3

17) All of the following occur as part of congestive heart failure EXCEPT

- A) shortness of breath.
- B) the flow of blood through the veins backs up.
- C) the heart becomes enlarged, making it less efficient.
- D) blood cannot accumulate in the legs, ankles, or lungs.

Answer: D

Diff: 2

Skill: Understanding

Section: Key Cardiovascular Diseases

Learning Outcome: 12.3

18) Which of the following represents the most serious type of heart arrhythmia?

- A) tachycardia
- B) bradycardia
- C) fibrillation
- D) sinus rhythm

Answer: C

Diff: 2

Skill: Understanding

Section: Key Cardiovascular Diseases

Learning Outcome: 12.3

19) Cardiovascular disease

- A) occurs in nearly 25 percent of African Americans.
- B) causes nearly 25 percent more deaths each year than it did a decade ago.
- C) is second only to cancer as a leading cause of death among Americans.
- D) has been the leading cause of death in the U.S. for nearly 100 years.

Answer: D

Diff: 4

Skill: Analyzing

Section: Cardiovascular Disease in the United States

Learning Outcome: 12.1

20) Which of the following foods should be consumed daily as part of a heart-healthy diet?

- A) steak
- B) plant oils
- C) bacon
- D) fried foods

Answer: B

Diff: 3

Skill: Applying

Section: Reducing Your Risks

Learning Outcome: 12.4

21) Of the following lifestyle choices, the MOST helpful for achieving an improved HDL to LDL ratio is to

- A) reduce the amount of cholesterol in your diet.
- B) engage in regular exercise.
- C) increase your intake of dietary protein.
- D) increase your intake of simple carbohydrates.

Answer: B

Diff: 3

Skill: Applying

Section: Reducing Your Risks

Learning Outcome: 12.4

22) Which of the following groups has the highest incidence of hypertension?

- A) men under the age of 55
- B) women over 40 who have type 2 diabetes
- C) African Americans
- D) Asian Americans

Answer: C

Diff: 2

Skill: Understanding

Section: Key Cardiovascular Diseases

Learning Outcome: 12.3

23) Nonmodifiable risk factors for CVD include all of the following EXCEPT

- A) heredity.
- B) gender.
- C) race.
- D) blood cholesterol levels.

Answer: D

Diff: 2

Skill: Understanding

Section: Reducing Your Risks

Learning Outcome: 12.4

24) Which of the following body shapes represents a higher risk for heart disease?

- A) pear
- B) apple
- C) hourglass
- D) pencil

Answer: B

Diff: 2

Skill: Understanding

Section: Reducing Your Risks

Learning Outcome: 12.4

25) The blood level of which type of protein rises during an inflammatory reaction?

- A) polypeptides
- B) amino acids
- C) collagen
- D) C-reactive protein

Answer: D

Diff: 2

Skill: Understanding

Section: Reducing Your Risks

Learning Outcome: 12.4

26) Which of the following is NOT a technique used to diagnose heart disease?

- A) electrocardiogram
- B) angioplasty
- C) ultrafast computed tomography
- D) positron emission tomography

Answer: B

Diff: 2

Skill: Understanding

Section: Diagnosing and Treating Cardiovascular Disease

Learning Outcome: 12.5

27) Aspirin is sometimes recommended for treating cardiovascular disease because it

- A) reduces the risk of clot formation.
- B) increases the absorption of nutrients in cardiac muscle.
- C) increases the body's excretion of sodium.
- D) is part of thrombolysis therapy.

Answer: A

Diff: 2

Skill: Understanding

Section: Diagnosing and Treating Cardiovascular Disease

Learning Outcome: 12.5

28) A biopsy reveals that a woman who has had breast cancer now has cancer in her lymph nodes. The process of cancer spreading from one organ or body area to others is

- A) metastasis.
- B) transference.
- C) transvergence.
- D) malignance.

Answer: A

Diff: 2

Skill: Understanding

Section: What Is Cancer?

Learning Outcome: 12.7

29) Being completely "cured" of cancer means that an individual has

- A) only a 10 percent chance of recurrence.
- B) survived for five years.
- C) no subsequent cancer and can expect to live a long and productive life.
- D) only a 25 percent chance of recurrence.

Answer: C

Diff: 2

Skill: Understanding

Section: Cancer: An Epidemiological Overview

Learning Outcome: 12.6

30) Which of the following statements is TRUE with respect to the genetic risk of cancer?

- A) Oncogenes are suspected cancer-causing genes.
- B) Scientists think that the majority of cancer types are hereditary.
- C) Breast cancer does not appear to run in families.
- D) The genetic risk of developing cancer can be easily distinguished from environmental risks.

Answer: A

Diff: 2

Skill: Understanding

Section: What Causes Cancer?

Learning Outcome: 12.8

31) Which of the following behaviors would most likely increase the risk of developing cancer?

- A) training and participating in a 10K race
- B) increasing your BMI by using weight training to build muscle
- C) eating a diet high in empty calories
- D) taking a stress management class

Answer: C

Diff: 3

Skill: Applying

Section: What Causes Cancer?

Learning Outcome: 12.8

32) A construction company used asbestos on many job sites over the years. Asbestos is a(n)

- A) widely used dye.
- B) radioactive material.
- C) environmental carcinogen.
- D) pesticide.

Answer: C

Diff: 3

Skill: Applying

Section: What Causes Cancer?

Learning Outcome: 12.8

33) Which of the following is TRUE about radiation and cancer?

- A) Ionizing radiation has been proven safe.
- B) Ionizing radiation is the only form of radiation proven to cause cancer.
- C) Exposure to radon has not been shown to increase the risk of cancer.
- D) Ultraviolet radiation exposure does not increase cancer risk.

Answer: B

Diff: 2

Skill: Understanding

Section: What Causes Cancer?

Learning Outcome: 12.8

34) Which of the following is TRUE with respect to tumors?

- A) A benign tumor is always harmless, whereas a malignant tumor can be fatal.
- B) A malignant tumor is usually encapsulated and can metastasize.
- C) A benign tumor can invade surrounding tissue, producing mutant cells, but it will not metastasize.
- D) A malignant tumor can invade surrounding tissue, produce mutant cells, and metastasize.

Answer: D

Diff: 2

Skill: Understanding

Section: What Is Cancer?

Learning Outcome: 12.7

35) All of the following are well-documented risk factors for breast cancer EXCEPT

- A) early onset of menstruation and/or late menopause.
- B) consuming 3 to 4 alcoholic drinks per week.
- C) not having children or having your first child after the age of 30.
- D) having a family history of breast cancer.

Answer: B

Diff: 2

Skill: Understanding

Section: Types of Cancers

Learning Outcome: 12.9

36) Prostate cancer risk

- A) has no correlation to family history.
- B) is highest among Latino men.
- C) is not affected by diet.
- D) increases dramatically with age.

Answer: D

Diff: 2

Skill: Understanding

Section: Types of Cancers

Learning Outcome: 12.9

37) Gwen began to have sex at an early age. She may be at increased risk for

- A) leukemia.
- B) breast cancer.
- C) cervical cancer.
- D) inherited mutations.

Answer: C

Diff: 3

Skill: Applying

Section: What Causes Cancer?

Learning Outcome: 12.8

38) All of the following are ways to reduce carcinogens in the environment EXCEPT

- A) buying ecofriendly cleaning and personal products.
- B) using weed killers in your garden.
- C) choosing organic foods when possible.
- D) using bleach-free paper products.

Answer: B

Diff: 2

Skill: Understanding

Section: What Causes Cancer?

Learning Outcome: 12.8

39) Jeremy was told that his cancer could not be treated with radiotherapy and must be treated with chemotherapy. This is probably because the cancer is

- A) no longer localized.
- B) too small to target with radiation.
- C) in remission.
- D) localized.

Answer: A

Diff: 3

Skill: Applying

Section: Facing Cancer

Learning Outcome: 12.10

40) Patrick is going to begin chemotherapy to treat a type of lymphoma. Which of the following side effects is he likely to experience?

- A) lowered risk of infection
- B) rapid heartbeat
- C) nausea, fatigue, and hair loss
- D) memory loss

Answer: C

Diff: 3

Skill: Applying

Section: Facing Cancer

Learning Outcome: 12.10

41) Testicular cancer is

- A) a form of cancer that exhibits no visible signs.
- B) declining among males in the United States.
- C) one of the most curable forms of cancer.
- D) increasing the most among men over 65.

Answer: C

Diff: 2

Skill: Understanding

Section: Types of Cancers

Learning Outcome: 12.9

42) All of the following are warning signs of melanoma EXCEPT

- A) asymmetrical shape.
- B) edges that are uneven or scalloped.
- C) a uniform brown color.
- D) a diameter larger than a pea.

Answer: C

Diff: 2

Skill: Understanding

Section: Types of Cancers

Learning Outcome: 12.9

43) One reason exercise might decrease breast cancer risk is that

- A) it increases appetite.
- B) it typically decreases body fat.
- C) it involves social support.
- D) it increases self-esteem.

Answer: B

Diff: 3

Skill: Applying

Section: Types of Cancers

Learning Outcome: 12.9

44) Which of the following is NOT a risk factor for colorectal cancer?

- A) obesity
- B) family history
- C) low intake of fruits and vegetables
- D) regular exercise

Answer: D

Diff: 2

Skill: Understanding

Section: Types of Cancers

Learning Outcome: 12.9

45) If caught early, the prognosis for colon cancer is good because

- A) treatments are so advanced.
- B) the disease progresses slowly.
- C) it can be cured with diet.
- D) treatment can be delayed.

Answer: B

Diff: 2

Skill: Understanding

Section: Types of Cancers

Learning Outcome: 12.9

46) In the ABCD rule for the warning signs of melanoma, the B stands for

- A) bleeding.
- B) border irregularity.
- C) beyond localized.
- D) basal carcinoma.

Answer: B

Diff: 1

Skill: Remembering

Section: Types of Cancers

Learning Outcome: 12.9

47) The BEST time for a man to perform a testicular self-exam is

- A) when he first wakes up in the morning.
- B) before he goes to sleep at night.
- C) after strenuous exercise.
- D) after a hot shower.

Answer: D

Diff: 3

Skill: Applying

Section: Types of Cancers

Learning Outcome: 12.9

48) Which of the following strategies may lower the risk for ovarian cancer?

- A) not having children
- B) having annual pelvic exams
- C) having a mother with a history of breast cancer
- D) taking fertility drugs

Answer: B

Diff: 2

Skill: Understanding

Section: Types of Cancers

Learning Outcome: 12.9

49) Sexually transmitted diseases have the greatest impact on increasing the incidence of which type of cancer?

- A) cervical
- B) ovarian
- C) testicular
- D) prostate

Answer: A

Diff: 4

Skill: Analyzing

Section: Types of Cancers

Learning Outcome: 12.9

50) Which of the following is a cancer that occurs in bones, muscles, and/or connective tissue?

- A) lymphoma
- B) carcinoma
- C) sarcoma
- D) leukemia

Answer: C

Diff: 2

Skill: Understanding

Section: Types of Cancers

Learning Outcome: 12.9

51) Which of the following is a cancer that occurs in epithelial tissues?

- A) lymphoma
- B) carcinoma
- C) sarcoma
- D) leukemia

Answer: B

Diff: 2

Skill: Understanding

Section: Types of Cancers

Learning Outcome: 12.9

52) Which of the following is a cancer that occurs in the infection-fighting regions of the body?

- A) lymphoma
- B) carcinoma
- C) sarcoma
- D) leukemia

Answer: A

Diff: 2

Skill: Understanding

Section: Types of Cancers

Learning Outcome: 12.9

53) Which of the following is a cancer that occurs in the blood-forming parts of the body, particularly the bone marrow and spleen?

- A) lymphoma
- B) carcinoma
- C) sarcoma
- D) leukemia

Answer: D

Diff: 2

Skill: Understanding

Section: Types of Cancers

Learning Outcome: 12.9

54) A woman goes to the emergency room. She tells the nurse that after carrying several loads of laundry up a flight of stairs she is having chest pain and a sensation she describes as her heart being crushed. Which condition is she likely experiencing?

- A) peripheral artery disease
- B) heart attack
- C) angina pectoris
- D) stroke

Answer: C

Diff: 3

Skill: Applying

Section: Key Cardiovascular Diseases

Learning Outcome: 12.3

55) A man asks his office-mate to call 911 because he is experiencing tightness in his chest, pain in his left arm and shoulder, shortness of breath, and dizziness. Which condition is he likely experiencing?

- A) peripheral artery disease
- B) heart attack
- C) angina pectoris
- D) stroke

Answer: B

Diff: 3

Skill: Applying

Section: Key Cardiovascular Diseases

Learning Outcome: 12.3

56) Vessels that carry blood away from the heart are the

- A) veins.
- B) capillaries.
- C) arteries.
- D) chambers.

Answer: C

Diff: 1

Skill: Remembering

Section: Understanding the Cardiovascular System

Learning Outcome: 12.2

57) Vessels that carry blood to the heart are the

- A) veins.
- B) capillaries.
- C) arteries.
- D) chambers.

Answer: A

Diff: 1

Skill: Remembering

Section: Understanding the Cardiovascular System

Learning Outcome: 12.2

58) Thin-walled vessels that are involved in the exchange of oxygen and carbon dioxide are

- A) veins.
- B) capillaries.
- C) arteries.
- D) chambers.

Answer: B

Diff: 1

Skill: Remembering

Section: Understanding the Cardiovascular System

Learning Outcome: 12.2

59) The two upper chambers of the heart that receive blood are the

- A) ventricles.
- B) venules.
- C) atria.
- D) arterioles.

Answer: C

Diff: 1

Skill: Remembering

Section: Understanding the Cardiovascular System

Learning Outcome: 12.2

60) The two lower chambers of the heart that pump blood out are the

- A) ventricles.
- B) venules.
- C) atria.
- D) arterioles.

Answer: A

Diff: 1

Skill: Remembering

Section: Understanding the Cardiovascular System

Learning Outcome: 12.2

61) The small arterial branches are the

- A) ventricles.
- B) venules.
- C) atria.
- D) arterioles.

Answer: D

Diff: 1

Skill: Remembering

Section: Understanding the Cardiovascular System

Learning Outcome: 12.2

62) The small veins are the

- A) ventricles.
- B) venules.
- C) atria.
- D) arterioles.

Answer: B

Diff: 1

Skill: Remembering

Section: Understanding the Cardiovascular System

Learning Outcome: 12.2

63) Which diagnostic test records the electrical activity of the heart?

- A) electrocardiogram
- B) angiogram
- C) magnetic resonance imaging
- D) cardiac calcium score

Answer: A

Diff: 2

Skill: Understanding

Section: Diagnosing and Treating Cardiovascular Disease

Learning Outcome: 12.5

64) Which diagnostic test produces a three-dimensional image of the heart as blood flows through it?

- A) angiography
- B) computed tomography
- C) magnetic resonance imaging
- D) positron emission tomography

Answer: D

Diff: 2

Skill: Understanding

Section: Diagnosing and Treating Cardiovascular Disease

Learning Outcome: 12.5

65) Which diagnostic test is used to identify heart muscle damage caused by a heart attack?

- A) angiography
- B) computed tomography
- C) magnetic resonance imaging
- D) positron emission tomography

Answer: C

Diff: 2

Skill: Understanding

Section: Diagnosing and Treating Cardiovascular Disease

Learning Outcome: 12.5

66) Homocysteine is an amino acid that when found at high levels in the blood may indicate an increased risk of

- A) Alzheimer's disease.
- B) cardiovascular disease.
- C) Parkinson's disease.
- D) cancer.

Answer: B

Diff: 2

Skill: Understanding

Section: Reducing Your Risks

Learning Outcome: 12.4

67) To reduce their risk for prostate cancer, men over 40 are encouraged to have

- A) an annual fecal occult blood test.
- B) a one-time genetic test.
- C) an annual PSA test.
- D) an annual digital rectal examination.

Answer: D

Diff: 2

Skill: Understanding

Section: Types of Cancers

Learning Outcome: 12.9

68) Removal and microscopic examination of a tissue sample to determine if cancer is present is a(n)

- A) biopsy.
- B) endoscopy.
- C) colonoscopy.
- D) PSA test.

Answer: A

Diff: 1

Skill: Remembering

Section: What Is Cancer?

Learning Outcome: 12.7

69) A new growth of tissue that serves no physiological purpose is a

- A) benign cyst.
- B) neoplasm.
- C) malignant tumor.
- D) scar tissue.

Answer: B

Diff: 1

Skill: Remembering

Section: What Is Cancer?

Learning Outcome: 12.7

70) A period during which cancer has responded to treatment and appears to be under control is called

- A) a cure.
- B) retraction.
- C) remission.
- D) reoccurrence.

Answer: C

Diff: 1

Skill: Remembering

Section: Cancer: An Epidemiological Overview

Learning Outcome: 12.6

71) The most lethal form of skin cancer is

- A) metastatic sarcoma.
- B) squamous cell carcinoma.
- C) basal cell carcinoma.
- D) malignant melanoma.

Answer: D

Diff: 2

Skill: Understanding

Section: Types of Cancers

Learning Outcome: 12.9

72) Which blood pressure measurement is the upper number that represents the amount of pressure on arterial walls when the heart contracts?

- A) systolic
- B) diastolic
- C) aortic
- D) ischemic

Answer: A

Diff: 1

Skill: Remembering

Section: Key Cardiovascular Diseases

Learning Outcome: 12.3

73) Which blood pressure measurement is the lower number that represents the amount of pressure on arterial walls when the heart relaxes?

- A) systolic
- B) diastolic
- C) aortic
- D) ischemic

Answer: B

Diff: 1

Skill: Remembering

Section: Key Cardiovascular Diseases

Learning Outcome: 12.3

74) Consistently elevated blood pressure is the condition known as

- A) arrhythmia.
- B) angina pectoris.
- C) ischemia.
- D) hypertension.

Answer: D

Diff: 2

Skill: Understanding

Section: Key Cardiovascular Diseases

Learning Outcome: 12.3

75) An irregularity in the heartbeat is known as

- A) arrhythmia.
- B) angina pectoris.
- C) ischemia.
- D) hypertension.

Answer: A

Diff: 2

Skill: Understanding

Section: Key Cardiovascular Diseases

Learning Outcome: 12.3

76) The common name for a myocardial infarction is

- A) a seizure.
- B) a stroke.
- C) CHF.
- D) a heart attack.

Answer: D

Diff: 1

Skill: Remembering

Section: Key Cardiovascular Diseases

Learning Outcome: 12.3

77) What happens during a heart attack?

- A) Blood pools in the lower extremities.
- B) The heart pumps at an excessively rapid rate.
- C) Blood supply is blocked to some area of the heart.
- D) Blood supply to some area of the brain is interrupted.

Answer: C

Diff: 2

Skill: Understanding

Section: Key Cardiovascular Diseases

Learning Outcome: 12.3

78) What happens during a stroke?

- A) Blood pools in the lower extremities.
- B) The heart pumps at an excessively rapid rate.
- C) Blood supply is blocked to some area of the heart.
- D) Blood supply to some area of the brain is interrupted.

Answer: D

Diff: 2

Skill: Understanding

Section: Key Cardiovascular Diseases

Learning Outcome: 12.3

79) What happens in coronary artery disease?

- A) Small blood vessels that supply blood to the heart narrow.
- B) Blood clots form throughout the body.
- C) Blood supply is blocked to one or more extremities.
- D) Blood supply to some area of the brain is interrupted.

Answer: A

Diff: 2

Skill: Understanding

Section: Key Cardiovascular Diseases

Learning Outcome: 12.3

80) "Mini-strokes" that cause only temporary impairment and that can indicate an impending stroke are

- A) congestive heart failure (CHF).
- B) transient ischemic attacks (TIAs).
- C) aneurysms.
- D) arrhythmias.

Answer: B

Diff: 2

Skill: Understanding

Section: Key Cardiovascular Diseases

Learning Outcome: 12.3

81) A Pap test is used to screen women for

- A) cervical cancer.
- B) ovarian cancer.
- C) breast cancer.
- D) sexually transmitted diseases.

Answer: A

Diff: 2

Skill: Understanding

Section: Types of Cancers

Learning Outcome: 12.9

82) The states with the greatest prevalence of death by heart attack in the United States are located in which region?

- A) Northeast
- B) Southeast
- C) Midwest
- D) West

Answer: B

Diff: 1

Skill: Remembering

Section: Key Cardiovascular Diseases

Learning Outcome: 12.3

83) Which of the following is a leading cause of disability affecting the extremities, especially in Americans over the age of 65?

- A) coronary heart disease
- B) angina pectoris
- C) peripheral artery disease
- D) heart failure

Answer: C

Diff: 1

Skill: Remembering

Section: Key Cardiovascular Diseases

Learning Outcome: 12.3

84) What percentage of human cancers have been traced to infectious agents, primarily viruses, worldwide?

- A) as many as 5 percent
- B) between 5 and 10 percent
- C) between 10 and 15 percent
- D) between 15 and 20 percent

Answer: D

Diff: 1

Skill: Remembering

Section: What Causes Cancer?

Learning Outcome: 12.8

85) Nearly a third of deaths in the United States have cardiovascular disease as an underlying cause.

Answer: TRUE

Diff: 1

Skill: Remembering

Section: Understanding the Cardiovascular System

Learning Outcome: 12.1

86) Blood that has picked up oxygen in the lungs travels through the pulmonary vein back to the heart.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Understanding the Cardiovascular System

Learning Outcome: 12.2

87) A stroke is also known as a cerebrovascular accident.

Answer: TRUE

Diff: 1

Skill: Remembering

Section: Key Cardiovascular Diseases

Learning Outcome: 12.3

88) An aneurysm in the brain can cause a stroke.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Key Cardiovascular Diseases

Learning Outcome: 12.3

89) The majority of heart arrhythmias result in death.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Key Cardiovascular Diseases

Learning Outcome: 12.3

90) A family history of heart disease has a much greater influence on risk than factors such as an unhealthful diet, smoking, a sedentary lifestyle, obesity, and a high stress level.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Reducing Your Risks

Learning Outcome: 12.4

91) Arrhythmias can be triggered by lifestyle factors.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Key Cardiovascular Diseases

Learning Outcome: 12.3

92) A male's lifetime risk for cancer is nearly 1 in 2.

Answer: TRUE

Diff: 1

Skill: Remembering

Section: Cancer: An Epidemiological Overview

Learning Outcome: 12.6

93) A majority of Americans who are diagnosed with cancer are dead within five years.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Cancer: An Epidemiological Overview

Learning Outcome: 12.6

94) An individual's lifestyle does not play a role in the development of cancer.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: What Causes Cancer?

Learning Outcome: 12.8

95) Having a father or brother with prostate cancer more than doubles a man's risk of getting the disease.

Answer: TRUE

Diff: 1

Skill: Remembering

Section: Types of Cancers

Learning Outcome: 12.9

96) Inflammation may play a role in heart disease development.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Reducing Your Risks

Learning Outcome: 12.4

97) A woman whose fat deposits are primarily in her abdominal area is at less risk for heart disease than her friend who carries more fat on her hips and thighs.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Reducing Your Risks

Learning Outcome: 12.4

98) Stroke fatality rates have declined by one-third since 1980.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Key Cardiovascular Diseases

Learning Outcome: 12.3

99) All forms of dietary fat raise blood cholesterol.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Reducing Your Risks

Learning Outcome: 12.4

100) The CT scan is a noninvasive procedure that uses x-rays to determine the shape and location of tumors.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Facing Cancer

Learning Outcome: 12.10

101) Lung cancer is the only form of cancer conclusively linked to smoking.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: What Causes Cancer?

Learning Outcome: 12.8

102) Pancreatic cancer has an especially high mortality rate.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Types of Cancers

Learning Outcome: 12.9

103) Describe the journey that an oxygen-depleted drop of blood would take from a capillary bed in your toes to your lungs.

Answer: Oxygen-depleted blood in the capillary beds enters a venule, which carries it to a vein, from which it travels to the inferior vena cava, which releases it into the right atrium, which releases it into the right ventricle. The right ventricle pumps blood into the pulmonary arteries, which take it to the lungs.

Diff: 4

Skill: Analyzing

Section: Understanding the Cardiovascular System

Learning Outcome: 12.2

104) Should you be concerned about your cholesterol intake? Why or why not?

Answer: Answers will vary. Your body can synthesize all of the cholesterol you need, so technically speaking, you don't have to consume any cholesterol in your diet. If you eat animal products containing cholesterol, such as red meat, eggs, and cheese, you consume cholesterol. Until recently, public health guidelines such as the Dietary Guidelines for Americans advised limiting cholesterol intake. However, recommendations are changing to emphasize consumption of heart-healthy unsaturated fats from a plant-based diet including fatty fish, and to avoid consuming any *trans* fats at all. In short, there is no convincing evidence that consumption of dietary cholesterol, for most people, increases the risk for cardiovascular disease.

Diff: 5

Skill: Evaluating

Section: Reducing Your Risks

Learning Outcome: 12.4

105) Briefly describe what occurs when a person has a stroke, including basic effects on the brain and on physical and mental abilities.

Answer: A stroke occurs when the blood supply is cut off by plaque formation or a blood clot within a cerebral artery (an artery serving the brain). It can also occur when an artery in the brain ruptures, often because of an aneurysm. Either event deprives the brain of oxygen and nutrients, resulting in the death of brain cells and subsequent speech impairments, memory loss, and loss of motor control.

Diff: 4

Skill: Analyzing

Section: Key Cardiovascular Diseases

Learning Outcome: 12.3

106) List four characteristics of individuals at greatest risk for skin cancer and describe what a suspicious mole might look like.

Answer: (Any four of the following)

- Have traits such as fair skin; blonde, red, or light brown hair; blue, green, or gray eyes
- Always burn before tanning; don't tan easily
- Spend a lot of time outdoors
- Burn easily and peel readily
- Have been previously treated or have a family history of skin cancer
- Have experienced severe sunburns as a child
- Use no sunscreen or low-SPF sunscreen

A suspicious mole may have sides that look different (asymmetry) and an irregular border (scalloped edges); the color may vary within the mole (color); and the diameter is larger than a pea. The suspicious mole can have one or more of these characteristics.

Diff: 2

Skill: Understanding

Section: Types of Cancers

Learning Outcome: 12.9

107) List five risk factors for breast cancer and describe tools for early detection. Also describe why early detection is important.

Answer: (Any five of the following)

- Family history of breast cancer
- Weight gain after age 18
- Never having children or having the first child after 30
- Consuming two or more alcoholic drinks per day
- Physical inactivity
- Having had early menarche and/or late menopause
- Recent use of oral contraceptives or postmenopausal hormone therapy
- Obesity after menopause

Screening mammograms and a new type of MRI can contribute to early diagnosis and may improve effectiveness of treatment and survival rate.

Diff: 2

Skill: Understanding

Section: Types of Cancers

Learning Outcome: 12.9