

***Health: The Basics, 12e (Donatelle)***

**Chapter 13a Focus On: Reducing Risks for Chronic Diseases and Conditions**

1) Two lung conditions referred to as chronic obstructive pulmonary disease (COPD) are

- A) chronic bronchitis and asthma.
- B) asthma and emphysema.
- C) chronic bronchitis and emphysema.
- D) acute bronchitis and smoker's cough.

Answer: C

Diff: 2

Skill: Understanding

Section: Chronic Lower Respiratory (Lung) Diseases

Learning Outcome: 13a.1

2) Risk factors for COPD include all of the following EXCEPT

- A) smoking.
- B) eating disorders.
- C) history of asthma.
- D) exposure to air pollution.

Answer: B

Diff: 2

Skill: Understanding

Section: Chronic Lower Respiratory (Lung) Diseases

Learning Outcome: 13a.1

3) Which of the following conditions involves inflammation and eventual scarring of the lining of the bronchial tubes?

- A) pneumonia
- B) asthma
- C) emphysema
- D) bronchitis

Answer: D

Diff: 2

Skill: Understanding

Section: Chronic Lower Respiratory (Lung) Diseases

Learning Outcome: 13a.1

4) The major risk factor for chronic bronchitis is

- A) a history of allergies.
- B) a family history of lung disease.
- C) cigarette smoking.
- D) dust and pollen in the air.

Answer: C

Diff: 4

Skill: Analyzing

Section: Chronic Lower Respiratory (Lung) Diseases

Learning Outcome: 13a.1

5) Emphysema may be categorized as a(n)

- A) allergy.
- B) autoimmune disease.
- C) chronic obstructive pulmonary disease.
- D) secondary breathing disorder.

Answer: C

Diff: 2

Skill: Understanding

Section: Chronic Lower Respiratory (Lung) Diseases

Learning Outcome: 13a.1

6) Emphysema is an irreversible respiratory disease in which

- A) the alveoli are destroyed.
- B) excess mucus is produced.
- C) the lungs become more elastic.
- D) there is inflammation and constriction of the bronchial tubes.

Answer: A

Diff: 2

Skill: Understanding

Section: Chronic Lower Respiratory (Lung) Diseases

Learning Outcome: 13a.1

7) Which of the following is TRUE about emphysema?

- A) It is a "man's disease."
- B) It is most common in people under age 45.
- C) The number of affected women is decreasing.
- D) Those affected tend to have a barrel-shaped chest.

Answer: D

Diff: 2

Skill: Understanding

Section: Chronic Lower Respiratory (Lung) Diseases

Learning Outcome: 13a.1

8) The disease characterized by inflammation of airways that causes spasms and blocks air flow is

- A) epilepsy.
- B) bronchitis.
- C) emphysema.
- D) asthma.

Answer: D

Diff: 2

Skill: Understanding

Section: Chronic Lower Respiratory (Lung) Diseases

Learning Outcome: 13a.1

9) Symptoms of asthma include all of the following EXCEPT

- A) wheezing.
- B) coughing.
- C) heart palpitations.
- D) shortness of breath.

Answer: C

Diff: 2

Skill: Understanding

Section: Chronic Lower Respiratory (Lung) Diseases

Learning Outcome: 13a.1

10) Asthma is categorized as

- A) a chronic, progressive, and irreversible disorder.
- B) a serious but not potentially fatal disorder.
- C) a chronic inflammatory disorder.
- D) a form of COPD.

Answer: C

Diff: 3

Skill: Applying

Section: Chronic Lower Respiratory (Lung) Diseases

Learning Outcome: 13a.1

11) Chen has the most common type of asthma, which is

- A) extrinsic (allergic) asthma.
- B) intrinsic (nonallergic) asthma.
- C) aspirin-induced asthma.
- D) stress-induced asthma.

Answer: A

Diff: 2

Skill: Understanding

Section: Chronic Lower Respiratory (Lung) Diseases

Learning Outcome: 13a.1

12) Which of the following is TRUE concerning asthma?

- A) It is not influenced by genetics or family history.
- B) It is the most common chronic illness in adults over age 35.
- C) It has increased in prevalence over the last 20 years.
- D) It is essentially hay fever affecting the lungs.

Answer: C

Diff: 1

Skill: Remembering

Section: Chronic Lower Respiratory (Lung) Diseases

Learning Outcome: 13a.1

13) A hypersensitivity reaction in which the body produces antibodies to a normally harmless substance is a(n)

- A) allergy.
- B) intolerance.
- C) overexposure.
- D) chronic condition.

Answer: A

Diff: 2

Skill: Understanding

Section: Allergies

Learning Outcome: 13a.2

14) An allergic response begins with exposure to a(n)

- A) antigen.
- B) antibody.
- C) toxin.
- D) pathogen.

Answer: A

Diff: 1

Skill: Remembering

Section: Allergies

Learning Outcome: 13a.2

15) An allergic reaction can trigger the release of which substance that produces allergy symptoms?

- A) epinephrine
- B) antibodies
- C) antihistamine
- D) histamine

Answer: D

Diff: 2

Skill: Understanding

Section: Allergies

Learning Outcome: 13a.2

16) A hypersensitivity to ragweed in bloom results in

- A) influenza.
- B) hay fever.
- C) asthma.
- D) seasonal respiratory syndrome.

Answer: B

Diff: 3

Skill: Applying

Section: Allergies

Learning Outcome: 13a.2

17) You suffer from hay fever. The BEST over-the-counter medication to treat your symptoms consists of

- A) antihistamines.
- B) aspirin.
- C) antacids.
- D) analgesics.

Answer: A

Diff: 3

Skill: Applying

Section: Allergies

Learning Outcome: 13a.2

18) The three major types of headaches include all of the following EXCEPT

- A) cluster headaches.
- B) sinus headaches.
- C) migraine headaches.
- D) tension headaches.

Answer: B

Diff: 1

Skill: Remembering

Section: Headaches

Learning Outcome: 13a.3

19) The most common type of headache is the

- A) cluster headache.
- B) sinus headache.
- C) migraine headache.
- D) tension headache.

Answer: D

Diff: 1

Skill: Remembering

Section: Headaches

Learning Outcome: 13a.3

20) You have a tension headache. Possible causes include all the following EXCEPT

- A) muscle contractions in your head and neck from sitting at your desk.
- B) an allergic reaction to milk in the ice cream you ate last night.
- C) muscle spasms from chewing gum for hours while studying.
- D) drinking red wine and not getting enough sleep.

Answer: B

Diff: 3

Skill: Applying

Section: Headaches

Learning Outcome: 13a.3

21) Once a month Jason experiences a headache that is severe, lasts 6-8 hours, and is accompanied by vomiting and extreme sensitivity to light. He most likely has which type of headache?

- A) tension
- B) migraine
- C) cluster
- D) sinus

Answer: B

Diff: 3

Skill: Applying

Section: Headaches

Learning Outcome: 13a.3

22) In about one-third of cases, a sensory warning sign precedes a migraine. This warning sign is called a(n)

- A) prelude.
- B) halo.
- C) indicator.
- D) aura.

Answer: D

Diff: 2

Skill: Understanding

Section: Headaches

Learning Outcome: 13a.3

23) Research suggests that migraines may be triggered as a result of

- A) vascular abnormalities in the brain as a result of viral infection or physical trauma.
- B) neurological abnormalities due to genetic mutation of a single gene.
- C) possibly genetic biochemical and inflammatory processes within the brain.
- D) a combination of physiological and psychological factors.

Answer: C

Diff: 2

Skill: Understanding

Section: Headaches

Learning Outcome: 13a.3

24) You fell asleep at your desk after studying for more than 4 hours. You suddenly wake up, are sweating, and have a stabbing pain behind your left eye. You are probably experiencing

- A) a cluster headache.
- B) a migraine headache.
- C) post-traumatic stress disorder (PTSD).
- D) a tension headache.

Answer: A

Diff: 3

Skill: Applying

Section: Headaches

Learning Outcome: 13a.3

- 25) Irritable bowel syndrome (IBS) is a(n)  
A) condition of improper bowel function.  
B) bowel disorder caused by bacteria.  
C) bowel disorder caused by a virus.  
D) inflammatory bowel disease.

Answer: A

Diff: 2

Skill: Understanding

Section: Digestion-Related Disorders

Learning Outcome: 13a.4

- 26) Omar is experiencing IBS. Doctors consider all of the following to be possible triggers for his problem EXCEPT

- A) stress and depression.  
B) changes in hormone levels.  
C) disruptions in signaling between the brain and the gut.  
D) a sedentary lifestyle.

Answer: D

Diff: 3

Skill: Applying

Section: Digestion-Related Disorders

Learning Outcome: 13a.4

- 27) Irritable bowel syndrome

- A) is a disorder characterized by gut hypersensitivity to gluten.  
B) can cause either constipation or diarrhea.  
C) affects twice as many men as women.  
D) presents characteristic symptoms that make it easy to diagnose.

Answer: B

Diff: 2

Skill: Understanding

Section: Digestion-Related Disorders

Learning Outcome: 13a.4

- 28) Adelaide was rushed into surgery after a scan revealed perforation of her small intestine and internal bleeding. Her diagnosis is most likely

- A) Crohn's disease.  
B) ulcerative colitis.  
C) irritable bowel syndrome.  
D) chronic gastrointestinal distress.

Answer: A

Diff: 3

Skill: Applying

Section: Digestion-Related Disorders

Learning Outcome: 13a.4

29) Joshua has a disease in which the walls of his large intestine have become painfully inflamed. His diagnosis is

- A) Crohn's disease.
- B) ulcerative colitis.
- C) irritable bowel syndrome.
- D) chronic intestinal disease.

Answer: B

Diff: 3

Skill: Applying

Section: Digestion-Related Disorders

Learning Outcome: 13a.4

30) Kari has an inflammatory disease of her small intestine that causes her to experience cramping, joint pain, and diarrhea. Her diagnosis is

- A) Crohn's disease.
- B) ulcerative colitis.
- C) irritable bowel syndrome.
- D) chronic intestinal disease.

Answer: A

Diff: 3

Skill: Applying

Section: Digestion-Related Disorders

Learning Outcome: 13a.4

31) Ulcerative colitis

- A) is much more common in women than men.
- B) often arises for the first time after age 50.
- C) is also known as Crohn's disease.
- D) increases the risk for colon cancer.

Answer: D

Diff: 2

Skill: Understanding

Section: Digestion-Related Disorders

Learning Outcome: 13a.4

32) Experts suspect that ulcerative colitis may be caused by all of the following EXCEPT

- A) genetic factors.
- B) food-borne illness.
- C) allergy in the GI tract.
- D) irritable bowel syndrome.

Answer: D

Diff: 2

Skill: Understanding

Section: Digestion-Related Disorders

Learning Outcome: 13a.4



33) What percentage of Americans will experience low back pain at some point in their life?

- A) around 25 percent
- B) around 45 percent
- C) around 65 percent
- D) around 85 percent

Answer: D

Diff: 1

Skill: Remembering

Section: Musculoskeletal Diseases

Learning Outcome: 13a.5

34) What percentage of Americans with low back pain become permanently disabled?

- A) about 2 percent
- B) about 5 percent
- C) about 12 percent
- D) about 20 percent

Answer: C

Diff: 1

Skill: Remembering

Section: Musculoskeletal Diseases

Learning Outcome: 13a.5

35) The vast majority of all back problems occur in the

- A) sacral spine.
- B) lumbar spine.
- C) thoracic spine.
- D) cervical spine.

Answer: B

Diff: 1

Skill: Remembering

Section: Musculoskeletal Diseases

Learning Outcome: 13a.5

36) You can reduce the risk of lower back pain by

- A) exercising regularly.
- B) sleeping on your stomach.
- C) wearing high-heeled shoes.
- D) bending from the waist when lifting heavy objects.

Answer: A

Diff: 3

Skill: Applying

Section: Musculoskeletal Diseases

Learning Outcome: 13a.5

37) Carpal tunnel syndrome is one of the most common

- A) repetitive motion disorders.
- B) gastrointestinal disorders.
- C) types of back injury.
- D) types of arthritis.

Answer: A

Diff: 2

Skill: Understanding

Section: Musculoskeletal Diseases

Learning Outcome: 13a.5

38) Kendra is a computer animation major and spends several hours every day creating images on a computer screen. Now a junior, she has begun to notice persistent tingling in her hands and fingers and pain moving her wrists. Kendra probably has

- A) ganglion cysts.
- B) carpal tunnel syndrome.
- C) frozen shoulder.
- D) Raynaud's syndrome.

Answer: B

Diff: 3

Skill: Applying

Section: Musculoskeletal Diseases

Learning Outcome: 13a.5

39) All of the following are considered repetitive motion disorders EXCEPT

- A) bursitis.
- B) tendonitis.
- C) arthritis.
- D) ganglion cysts.

Answer: C

Diff: 2

Skill: Understanding

Section: Musculoskeletal Diseases

Learning Outcome: 13a.5

40) A lung disease is any disorder in which lung function is impaired.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Chronic Lower Respiratory (Lung) Diseases

Learning Outcome: 13a.1

41) Lung function can be damaged by a single exposure to a toxic chemical or severe heat.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Chronic Lower Respiratory (Lung) Diseases

Learning Outcome: 13a.1

42) COPD includes all obstructive lung diseases, including asthma.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Chronic Lower Respiratory (Lung) Diseases

Learning Outcome: 13a.1

43) Essential oils are an eco-friendly alternative to commercial air fresheners.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Chronic Lower Respiratory (Lung) Diseases

Learning Outcome: 13a.1

44) Emphysema involves difficulty fully exhaling stale air from the lungs.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Chronic Lower Respiratory (Lung) Diseases

Learning Outcome: 13a.1

45) Intrinsic asthma may be triggered by anything EXCEPT an allergy.

Answer: TRUE

Diff: 1

Skill: Remembering

Section: Chronic Lower Respiratory (Lung) Diseases

Learning Outcome: 13a.1

46) Genetics may play a role in asthma development.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Chronic Lower Respiratory (Lung) Diseases

Learning Outcome: 13a.1

47) Asthma is an allergic reaction to specific types of pollen.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Chronic Lower Respiratory (Lung) Diseases

Learning Outcome: 13a.1

48) Asthma is the most common chronic illness in children.

Answer: TRUE

Diff: 1

Skill: Remembering

Section: Chronic Lower Respiratory (Lung) Diseases

Learning Outcome: 13a.1

49) Certain medications can trigger an episode of asthma.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Chronic Lower Respiratory (Lung) Diseases

Learning Outcome: 13a.1

50) Humidifying the air in your bedroom can help with asthma.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Chronic Lower Respiratory (Lung) Diseases

Learning Outcome: 13a.1

51) Histamine production can cause increased production of mucus in the airways.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Allergies

Learning Outcome: 13a.2

52) Another term for hay fever is allergic rhinitis.

Answer: TRUE

Diff: 1

Skill: Remembering

Section: Allergies

Learning Outcome: 13a.2

53) Hay fever is usually considered a seasonal disorder.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Allergies

Learning Outcome: 13a.2

54) Allergies to ragweed result from an underactive immune system response.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Allergies

Learning Outcome: 13a.2

55) Headaches are usually indicators of a serious medical condition.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Headaches

Learning Outcome: 13a.3

56) Migraines are the most common type of headache.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Headaches

Learning Outcome: 13a.3

57) The pain of cluster headaches is more localized than that of tension headaches.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Headaches

Learning Outcome: 13a.3

58) In irritable bowel syndrome (IBS), there is structural damage to the nerves serving the large intestine.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Digestion-Related Disorders

Learning Outcome: 13a.4

59) Irritable bowel syndrome (IBS) is an inflammatory bowel disease.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Digestion-Related Disorders

Learning Outcome: 13a.4

60) Ulcerative colitis may cause loose or bloody stools.

Answer: TRUE

Diff: 1

Skill: Remembering

Section: Digestion-Related Disorders

Learning Outcome: 13a.4

61) Nearly one-quarter of all Americans have arthritis.

Answer: TRUE

Diff: 1

Skill: Remembering

Section: Musculoskeletal Diseases

Learning Outcome: 13a.5

62) The majority of people with arthritis are over age 65.

Answer: FALSE

Diff: 1

Skill: Remembering

Section: Musculoskeletal Diseases

Learning Outcome: 13a.5

63) Carrying a heavy backpack on one shoulder may increase the risk of low back pain.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Musculoskeletal Diseases

Learning Outcome: 13a.5

64) There is little that can be done to reduce the risk of carpal tunnel syndrome.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Musculoskeletal Diseases

Learning Outcome: 13a.5

65) Explain what happens in the body during an asthma attack.

Answer: Air enters the respiratory system via the nose and mouth and travels through the bronchial tubes. During an asthma attack, the muscles of the bronchial tubes constrict, and the air passages become inflamed. This makes it difficult for the person to breathe. The person may also experience wheezing and coughing.

Diff: 2

Skill: Understanding

Section: Chronic Lower Respiratory (Lung) Diseases

Learning Outcome: 13a.1

66) You share an apartment with someone who is asthmatic. List and discuss at least four things you can do at home to help prevent asthma attacks.

Answer: (At least four of the following)

- Purchase a good air filter for your home, and clean filters regularly. If a fireplace or wood-burning stove is present in the apartment, check it to ensure it is not spewing smoke or particulate matter.
- Avoid cigarette, cigar, and pipe smoke.
- Wash sofa cushions, pillows, and sheets regularly, and vacuum regularly. Use pillow and mattress protectors.
- If you choose to have a pet but animal dander is a problem, try a non-shedding breed of dog or cat. Keep pets off the bed.
- Keep your home clean and pest free; cockroaches and other vermin may trigger allergic reactions.
- Use anti-mold cleaners or run a dehumidifier to keep moisture levels down and reduce mold growth.
- Make sure that you and your apartment-mate always know the location of asthma medications and that you know how to help if your apartment-mate has an attack.

Diff: 3

Skill: Applying

Section: Chronic Lower Respiratory (Lung) Diseases

Learning Outcome: 13a.1

67) Explain how an allergy affects the body.

Answer: An allergy is a hypersensitive reaction in which the body produces antibodies in response to the presence of a normally harmless substance in the environment. Antibody production triggers the release of histamine, which dilates blood vessels, increases the production of mucus, and may cause tissue swelling, rashes, difficulty breathing and even anaphylaxis.

Diff: 2

Skill: Understanding

Section: Allergies: The Immune System Overreacts

Learning Outcome: 13a.2

68) Discuss five strategies to protect yourself from back pain and injury.

Answer: (Any five of the following)

- Consciously maintain good posture. Poor posture can cause muscle strain and pain.
- Sleep on a supportive mattress and avoid sleeping on your stomach.
- Wear shoes with good arch support and avoid high heels. Poor foot/arch support can lead to poor alignment of the joints/spine, resulting in muscle strain and pain.
- Avoid carrying heavy bags on one shoulder. Lighten the load to the extent possible, and use a backpack.
- Control your weight to avoid extra strain on your knees, hips, and back.
- Lift objects using your legs, not your back. That is, do not bend from the waist to lift objects; to lift heavy objects, bend your knees while keeping your back straight.
- Use a chair with good lumbar support for your work.
- Move your car seat forward so your knees are slightly elevated. This will prevent lumbar strain and pain.
- Warm up and stretch before exercising or lifting heavy objects. Warm muscles are less likely to be strained.
- Exercise regularly and include exercises which strengthen abdominal muscles and stretch the back muscles.

Diff: 3

Skill: Applying

Section: Musculoskeletal Diseases

Learning Outcome: 13a.5

69) Explain why weight loss is recommended for people with osteoarthritis who are overweight or obese.

Answer: Arthritis is a degenerative joint disease. Reducing body weight reduces the load that joints are required to move, and therefore the pressure, thereby reducing pain.

Diff: 4

Skill: Analyzing

Section: Musculoskeletal Diseases

Learning Outcome: 13a.5

70) Explain carpal tunnel syndrome and its most common causes.

Answer: Carpal tunnel syndrome is an irritation of the median nerve in the wrist, which results in pain, numbness, or tingling sensations in the fingers and hands. It is often caused by repetitive motion while using computers or performing other tasks that require repeated hand and wrist movements.

Diff: 2

Skill: Understanding

Section: Musculoskeletal Diseases

Learning Outcome: 13a.5