

**CHAPTER ONE: THE DISEASE PROCESS**

1. The inflammatory response rushes leukocytes to a site of infection, where the invading organisms are engulfed and destroyed by:  
 A phagocytosis      B cellular synthesis      C passive transport      D apoptosis
2. Polymorphonuclear leukocytes are white blood cells (WBCs) that possess a nucleus of \_\_\_\_\_ or more lobes or parts.  
 A 50      B 75      C 100      D 200
3. \_\_\_\_\_ are the smallest microorganisms, visible only through the use of electron microscopy.  
 A Protozoa      B Viruses      C Bacteria      D Fungi
4. \_\_\_\_\_ is a lack of oxygen coupled with accumulating carbon dioxide in the blood.  
 A Shortness of breath      B Asphyxiation      C Emphysema      D Asthma
5. A body mass index (BMI) over \_\_\_\_\_ reduces the life span by 8 to 10 years.  
 A 10      B 20      C 40      D 30

**CHAPTER TWO: INTEGRATIVE MEDICINE AND . . . THERAPY**

6. The German physician and chemist, Samuel \_\_\_\_\_ (1755-1843), questioned the inherent limitations of "allopathic medicine".  
 A Klein      B Färber      C Hahnemann      D Schuhmacher
7. Bioelectromagnetic or \_\_\_\_\_ therapies concentrate on modifying the disease process by directing energy within or through the body.  
 A elektrokinetic      B bioenergetic      C thermokinetic      D electrokinetic
8. One study that followed 30,000 people on six continents showed that changing lifestyle could prevent \_\_\_\_\_ % of all heart disease.  
 A 40      B 55      C 73      D 90

**CHAPTER THREE: PAIN AND ITS MANAGEMENT**

9. \_\_\_\_\_ pain occurs when the blood supply to the heart muscle is disrupted.  
 A Angina      B Breakthrough      C Phantom      D Psychogenic
10. Research show that culture generally does not influence how a person perceives pain but does influence how a person responds to pain.  
 A True      B False
11. Acupuncture, which originated in China more than 5,000 years ago, began to receive attention in Western culture in the:  
 A 1960s      B 1980s      C 1970s      D 1990s

**CHAPTER FOUR: INFECTIOUS AND COMMUNICABLE DISEASES**

12. The incubation period for viral hemorrhagic fevers is 2 - \_\_\_\_\_ days.  
 A 5      B 10      C 14      D 21
13. H1N1 was raise to the pandemic level by the WHO (World Health Organization) in June:  
 A 2005      B 2007      C 2009      D 2011
14. The WHO estimates there are 300 to 500 million cases of malaria in the world and that nearly \_\_\_\_\_ people die from the infection.  
 A 200,000      B 1 million      C 500,000      D 5 million
15. Plague is caused by the \_\_\_\_\_ bacterium found in the fleas of rodents.  
 A Elusimicrobia      B Yersinia pestis      C Gemmatimonadetes      D Synergistetes
16. The coryza or \_\_\_\_\_ is an acute infection that causes inflammation of the upper respiratory tract.  
 A common cold      B streptococcal pharyngitis      C tracheitis      D croup
17. The CDC reports that approximately \_\_\_\_\_ of the population are colonized in the nose with staphylococci at a given time.  
 A 25% to 30%      B 40%      C 55%      D 5% to 10%
18. If the CD4 lymphocyte cell number drops below \_\_\_\_\_, an individual is said to have AIDS.  
 A 50      B 100      C 150      D 200
19. The Bordetella pertussis bacterium has an incubation period of \_\_\_\_\_ days.  
 A 2      B 5      C 7 to 10      D 27 to 30

**CHAPTER FIVE: CANCER**

20. There are over \_\_\_\_\_ different types of cancer, and most are multifactorial, meaning that many factors contribute to the cancer.  
 A 20      B 50      C 100      D 200



42. A decubitus \_\_\_\_\_ is a localized area of dead skin and subcutaneous tissue.  
 A ulcer                                      B papule                                      C pustule                                      D macule
43. Tinea \_\_\_\_\_, or ringworm, occurs on exposed skin surfaces in persons with a history of exposure to infected domestic animals.  
 A unguium                                      B capitis                                      C pedis                                      D corporis
44. Nearly \_\_\_\_\_ % of people with vitiligo have a family member with the condition.  
 A 10                                      B 20                                      C 30                                      D 40
45. Cold sores and fever blisters usually resolve within \_\_\_\_\_ week(s).  
 A 1 to 3                                      B 5                                      C 7                                      D 1

## CHAPTER NINE: MUSCULOSKELETAL DISEASES AND DISORDERS

46. Smooth muscle is also called involuntary muscle because it is found in the walls of organs and its function is not consciously controlled.  
 A True                                      B False
47. About 1 in every \_\_\_\_\_ persons will experience a herniated disc.  
 A 25                                      B 50                                      C 75                                      D 100
48. \_\_\_\_\_ disease is a chronic metabolic skeletal disease.  
 A Gaucher's                                      B Paget                                      C Osteonecrosis                                      D Porotic hyperostosis
49. A Colles fracture refers to a break in the end of the \_\_\_\_\_ causing the wrist to extend and shorten.  
 A ulna                                      B scaphoid                                      C radius                                      D lunate
50. \_\_\_\_\_ is a chronic disorder of uric acid metabolism.  
 A Gastritis                                      B Gout                                      C Gastroparesis                                      D Crohn's disease
51. Plantar fasciitis is a common condition that results from irritation of the ligament on the bottom of the foot that connects the:  
 A heel to the metatarsals                                      B metatarsals to the toes                                      C heel to the toes                                      D proximal- distal ends of MTs
52. \_\_\_\_\_ is a chronic, progressive neuromuscular disease that produces progressive weakness and exhaustion of the skeletal muscles.  
 A Myasthenia gravis                                      B Charcot-Marie disease                                      C Dejerine-Sottas disease                                      D Friedreich's ataxia
53. \_\_\_\_\_ is a chronic, progressive disease of the connective tissue causing edema, inflammation, and degeneration of skeletal muscles.  
 A Polymyositis                                      B Amyotrophic lateral sclerosis                                      C Phosphorylase deficiency                                      D Phosphofructokin syndrome

## CHAPTER TEN: NERVOUS SYSTEM DISEASES AND DISORDERS

54. The sensory neurons coming from the skin, skeletal muscles, and joints are called:  
 A visceral                                      B somatic                                      C calcium-based                                      D supportive
55. Cranial nerve \_\_\_\_\_ (vestibulocochlear) supports the sense of hearing and equilibrium.  
 A III                                      B IV                                      C X                                      D VIII
56. Migraines are not psychogenic. Migraine headaches are occasioned by changes in the cerebral blood flow.  
 A True                                      B False
57. A 15-point test called the \_\_\_\_\_ Coma Scale is used to test the severity of a traumatic brain injury.  
 A Huntington                                      B Gerhardtsson                                      C Glasgow                                      D Hallman
58. Spinal cord trauma at or above \_\_\_\_\_ in the cervical portion of the vertebral column may result in quadriplegia.  
 A C7                                      B C6                                      C C5                                      D C4
59. \_\_\_\_\_ ischemic attacks (TIA) are temporary, often recurrent episodes of impaired neurological activity from insufficient brain blood flow.  
 A Tertiary                                      B Transient                                      C Temporal                                      D Thrombic
60. There is no known prevention for Parkinson disease.  
 A True                                      B False
61. Brain tumors are the \_\_\_\_\_ most common cancer in children.  
 A first                                      B second                                      C third                                      D fourth

## CHAPTER ELEVEN: ENDOCRINE SYSTEM DISEASES AND DISORDERS

62. \_\_\_\_\_ is manufactured in the adrenal cortex and is responsible for releasing glucose to the brain.  
A Aldosterone      B Inhibin      C Calcitonin      D Cortisol
63. The parathyroid hormone regulates \_\_\_\_\_ and phosphates in blood.  
A potassium      B sodium      C calcium      D iron
64. Regarding polyuria and polydipsia, as much as \_\_\_\_\_ liters of dilute urine may be produced in 24 hours.  
A 2 to 3      B 4 to 16      C 20 to 27      D 1 to 2
65. Endemic or colloid goiter is the result of insufficient dietary intake of:  
A potassium      B iodine      C iron      D calcium
66. \_\_\_\_\_ thyroid cancer accounts for about 80% of thyroid cancer, according to the National Cancer Institute.  
A Papillary      B Follicular      C Anaplastic      D Medullary
67. \_\_\_\_\_ thyroid cancer is very aggressive and usually occurs in people over age 60, but is also very rare.  
A Papillary      B Follicular      C Anaplastic      D Medullary
68. One cause of \_\_\_\_\_ syndrome is bilateral hyperplasia of the adrenal glands due to elevated serum levels of ACTH.  
A Behcet's      B Leriche's      C Eisenmenger's      D Cushing
69. Polycystic ovary syndrome (PCOS) affects about 1 in \_\_\_\_\_ women in the United States.  
A 10      B 100      C 1,000      D 10,000

## CHAPTER TWELVE: CARDIOVASCULAR/LYMPHATIC SYSTEMS DISEASES . .

70. The heart and blood vessels work to pump and circulate the equivalent of \_\_\_\_\_ quarts of blood through the heart every 24 hours.  
A 2,300      B 4,500      C 7,200      D 9,800
71. Pericarditis typically lasts from \_\_\_\_\_ weeks but can recur, usually within a few months of the original episode.  
A 5 to 7      B 10 to 15      C 1 to 3      D 17 to 22
72. If caused by bacteria, endocarditis is curable when treated early with antibiotics.  
A True      B False
73. An immediate result of inadequate blood supply to the myocardium is a burning, squeezing, and tightness in the chest (\_\_\_\_\_).  
A neuropathy      B angina      C heartburn      D atrial fibrillation
74. Regarding atrial fibrillation, a treatment aimed at resetting the heart's rhythm to normal sinus rhythm is known as:  
A cardioversion      B Norwood procedure      C Ross procedure      D Ebstein's anomaly repair
75. Symptoms of impending cardiac arrest may include sudden tachycardia or bradycardia (\_\_\_\_\_).  
A an abnormal heartbeat      B a rapid heartbeat      C a faint heartbeat      D a slowed heartbeat
76. \_\_\_\_\_ veins are enlarged, twisted, superficial veins.  
A Spider      B Hamilton's      C Varicose      D Tentacle
77. The term \_\_\_\_\_ refers to a neoplasm of hematopoietic tissue that is related to the blood cells in the bone marrow.  
A leukemia      B osteosarcoma      C fibrosarcoma      D Ewing's sarcoma
78. Hodgkin lymphoma has two peaks of incidence: one in the early \_\_\_\_\_ and the other after age 50.  
A teens      B 40s      C 30s      D 20s

## CHAPTER THIRTEEN: RESPIRATORY SYSTEM DISEASES AND DISORDERS

79. Sinusitis is usually caused by pneumococcal, streptococcal, or \_\_\_\_\_ influenza bacterial infections.  
A H7N3      B H5N1      C Haemophilus      D Escherichia coli
80. Most of the time, laryngitis comes on quickly and lasts no more than \_\_\_\_\_ week(s).  
A 1      B 2      C 3      D 4
81. A Legionella infection is an acute bronchopneumonia disease.  
A True      B False

82. An umbrella term that includes pulmonary emphysema and chronic bronchitis, COPD affects \_\_\_\_\_ million Americans.  
 A 4 B 7 C 9 D 12
83. Regarding the prognosis with lung abscess, about \_\_\_\_\_ of individuals develop emphysema or pus in the pleural space.  
 A 1/2 B 1/3 C 1/4 D 1/5
84. Regarding asbestosis, chest x-rays show a "\_\_\_\_\_" or "ground glass" appearance.  
 A speckled B striated C honeycomb D coin-slot
85. Spontaneous pneumothorax is caused by the rupturing of a small \_\_\_\_\_, commonly called a blister, along the surface of the lung.  
 A blurb B bleb C blub D blob
86. Cor pulmonale is hypertrophy and failure of the \_\_\_\_\_ of the heart.  
 A left atrium B right atrium C left ventricle D right ventricle
87. \_\_\_\_\_ is a yeast infection of the mucus membrane lining of the mouth and tongue.  
 A Migratory stomatitis B Herpes simplex C Thrush D Stomatognathic disease

## CHAPTER FOURTEEN: DIGESTIVE SYSTEM DISEASES AND DISORDERS

88. Digestion is completed in the small intestine, a tube about \_\_\_\_\_ feet long.  
 A 20 B 15 C 10 D 5
89. GERD is a risk factor for developing \_\_\_\_\_ esophagus, the predominant precursor to esophageal adenocarcinoma.  
 A Chagas B Barrett C Mallory-Weiss D Zenker
90. Regarding peptic ulcer cases, from \_\_\_\_\_ % of individuals develop complications that necessitate surgery.  
 A 5 to 10 B 12 to 15 C 20 to 22 D 23 to 30
91. The hallmark of irritable bowel syndrome is \_\_\_\_\_ with constipation alternating with diarrhea.  
 A abdominal pain B abdominal distention C frequent urination D bloody stool
92. \_\_\_\_\_ disease, sometimes called regional enteritis or granulomatous colitis, is a serious, chronic inflammation, usually of the ileum.  
 A Vasculitides B Eosinophilic enteritis C Spondyloarthropathies D Crohne
93. About \_\_\_\_\_ % of individuals in the United States have appendicitis each year.  
 A 2 B 4 C 7 D 9
94. Strangulation of the intestine is *not* considered a medical emergency.  
 A True B False
95. One nonsurgical option for cholelithiasis, extracorporeal shock wave lithotripsy with lytholytic therapy, is effective in \_\_\_\_\_ of cases.  
 A 5% B 9% C 15% D 22%
96. If diagnosed early and localized, colorectal cancer is potentially curable in about \_\_\_\_\_ % of cases.  
 A 45 B 60 C 75 D 90

## CHAPTER FIFTEEN: URINARY SYSTEM DISEASES AND DISORDERS

97. Each kidney contains more than 1 \_\_\_\_\_ nephrons, which are the principle filtering units of the kidney.  
 A thousand B hundred thousand C million D billion
98. The \_\_\_\_\_ root is an herb with a long and well-documented history as an antimicrobial agent.  
 A ginseng B daikon C goldenseal D beta vulgaris
99. If the urine is "foamy" in cases of glomerulonephritis, it is likely an indication of proteinuria (excessive levels of \_\_\_\_\_) in the urine.  
 A plasma B serum protien C various bacteria D protozoa
100. Between \_\_\_\_\_ of the cases of nephritic syndrome result from some form of glomerulonephritis.  
 A 40% and 45% B 50% and 55% C 30% and 35% D 70% and 75%
101. It is reported that nearly \_\_\_\_\_ people are waiting for kidney transplants in the United States, but only 16,000 will get them each year.  
 A 86,000 B 72,000 C 51,000 D 44,000

102. Renal cell carcinoma (RCC), also known as renal cell adenocarcinoma, is the most common type of kidney cancer (in \_\_\_\_\_ of cases).  
A 70% B 75% C 85% D 90%

## CHAPTER SIXTEEN: REPRODUCTIVE SYSTEM DISEASES AND DISORDERS

103. The epididymides are tubes about \_\_\_\_\_ feet in length that are coiled on the posterior surface of the testes.  
A 3 B 7 C 9 D 20
104. The vulva includes the clitoris, labia majora and minora, and \_\_\_\_\_ glands.  
A Bartholini B Bartholomew C Bartholin D Barthreister
105. Genital human papillomavirus (HPV) is the most common of the STDs. There are over \_\_\_\_\_ that can infect both men and women.  
A 100 B 80 C 40 D 250
106. Trichomoniasis is a protozoal infestation, with about \_\_\_\_\_ million new cases occurring each year in women and men.  
A 2.2 B 7.4 C 3.9 D 5.5
107. Cryoablation of the prostate may be effective in destroying the cancer cells of the prostate by:  
A freezing B radiation treatment C manufactured antibodies D excision
108. Endometriosis is the appearance and growth of endometrial tissue in areas outside the endometrium.  
A True B False
109. Regarding the treatment for menopause, some individuals need no treatment while others may require hormone \_\_\_\_\_ therapy (HRT).  
A rejuvenation B replacement C replenishment D replicating
110. Fibrocystic breasts are seen more frequently in women ages:  
A 18 to 24 B 25 to 29 C 30 to 55 D 56 to 75
111. Spontaneous abortion, or miscarriage, is the expulsion of the conceptus before the \_\_\_\_\_ week of pregnancy.  
A 30th B 22nd C 20th D 27th
112. In placenta previa, the placenta is implanted abnormally \_\_\_\_\_ in the uterus.  
A high B posterior C anterior D low

## CHAPTER SEVENTEEN: EYE AND EAR DISEASES AND DISORDERS

113. The \_\_\_\_\_ is a yellow disc on the retina directly behind the lens.  
A cornea B macula C choroid D vitreous chamber
114. Regarding refractive errors of the eye, \_\_\_\_\_ is a form of farsightedness that causes the eye to lose its ability to focus.  
A myopia B astigmatism C presbyopia D hyperopia
115. \_\_\_\_\_ is a condition in which accumulating fluid pressure within the eye damages the retina and optic nerve, often causing blindness.  
A Glaucoma B Retinal detachment C Cataract D Macular degeneration
116. Regarding the treatment of conjunctivitis, warm compresses applied to the eye 3 or 4 times a day for \_\_\_\_\_ minutes are recommended.  
A 3 to 5 B 7 to 10 C 20 to 25 D 10 to 15
117. External otitis (\_\_\_\_\_) is inflammation of the external ear canal.  
A tinnitus B swimmer's ear C presbycusis D fisherman's canal
118. Regarding the treatment for otosclerosis, stapedectomy with prostheses renders good improvement reports from \_\_\_\_\_ % of clients.  
A 35 B 55 C 73 D 85
119. The cause of \_\_\_\_\_ disease is not known, but the disease process appears to destroy the hair cells within the cochlea.  
A Ménière's B labyrinthitis C vertigo D Bertrand's
120. Approximately \_\_\_\_\_ % (36 million) of American adults report some degree of hearing loss.  
A 3 B 5 C 9 D 17

**DISEASES OF THE HUMAN BODY COURSE POST-TEST ANSWER SHEET**

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1		25		49		73		97	
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9		33		57		81		105	
10		34		58		82		106	
11		35		59		83		107	
12		36		60		84		108	
13		37		61		85		109	
14		38		62		86		110	
15		39		63		87		111	
16		40		64		88		112	
17		41		65		89		113	
18		42		66		90		114	
19		43		67		91		115	
20		44		68		92		116	
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