

UNIT 5

# DISEASE PREVENTION



**REVISION PAPER**

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**5.1 THE CAUSES OF DISEASE**

**5.2 RISK FACTORS**

**5.3 PERSONAL HEALTH BEHAVIOURS**

**5.4 PHYSICAL ACTIVITY**

**5.5 MEDICAL CARE**

**5.6 INFECTION CONTROL**



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## Unit 5 Revision Paper

1. **Stopping** or **lowering** the chance of getting a disease or illness is called:
  - a) Disease detection
  - b) Disease manifestation
  - c) Disease prevention
  - d) Disease creation
  
2. \_\_\_\_\_ is a medical condition that **stops** a person's body from working properly.
  - a) Pain
  - b) Disease
  - c) Measurement
  - d) Skill
  
3. Diseases caused by **bacteria**, **viruses** and **parasites** that can be spread from one person to another are known as a \_\_\_\_\_.
  - a) non modifiable risk factors
  - b) non communicable diseases
  - c) modifiable risk factors
  - d) communicable diseases
  
4. \_\_\_\_\_ risk factors are the risk factors that you **cannot** change.
  - a) Communicable
  - b) Modifiable
  - c) Non-modifiable
  - d) Non communicable
  
5. The best way that people can **lower** their risk of disease is by:
  - a) living a healthy lifestyle
  - b) practicing good personal hygiene
  - c) having regular medical check-ups
  - d) All of the above

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6. \_\_\_\_\_ is an example of a **non-communicable** disease.

- a) Corona virus
- b) Cardiovascular disease
- c) Common cold
- d) Measles

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7. \_\_\_\_\_ is an example of a **modifiable** risk factor.

- a) Gender
- b) High blood pressure (hypertension)
- c) Ethnicity
- d) Family history

8. A large group with common customs or **origin** is called:

- a) Ethnicity
- b) Gender
- c) Mass audience
- d) People

9. An example of a **positive** health behaviour is:

- a) Not getting enough sleep
- b) Poor personal hygiene
- c) Living a sedentary lifestyle
- d) Having good personal hygiene

10. Being \_\_\_\_\_ is a **risk factor** for many diseases such as cardiovascular disease or diabetes.

- a) mentally aware
- b) healthy
- c) physically active
- d) overweight or obese

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11. Your mental health is linked to a healthy diet, and **improving** your diet may:
- a) Improve your mood
  - b) Lower your stress levels
  - c) Help you think more clearly
  - d) All of the above.
12. You should aim to get between \_\_\_\_\_ of **sleep** a night as a way of getting enough sleep regularly in order to reduce the risk of disease.
- a) 4-6 hours
  - b) 12-14 hours
  - c) 5 hours
  - d) 7-9 hours
13. \_\_\_\_\_ describes how you keep yourself and your surroundings **clean**.
- a) Practice
  - b) Personal hygiene
  - c) Health
  - d) Immunisation
14. \_\_\_\_\_ regularly can help to **stop** bacteria and viruses from spreading.
- a) Physical activity
  - b) Washing your hands
  - c) Sleeping
  - d) Sweating
15. Doing **regular** physical activity can \_\_\_\_\_ .
- a) help you to increase your body weight
  - b) help you to control your body weight.
  - c) increase the risk of getting heart disease and stroke
  - d) reduce bone and muscular strength

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16. Exercise is good for your mental and emotional health as it makes your body **release** \_\_\_\_\_ which can help reduce stress and improve your mood.

- a) enzymes
- b) endorphins
- c) bacteria
- d) oxygen

17. Engaging in group sports can help improve your **social health** by allowing you to

- a) decrease confidence
- b) become anti-social
- c) learn leadership skills
- d) Decrease motivation to exercise

18. \_\_\_\_\_ a group of **hormones** which are released by the brain to reduce the pain and increase wellbeing.

- a) Endorphins
- b) Insulin
- c) Thyroxin
- d) All the above

19. **Moderate-intensity** activity is when you are working at \_\_\_\_\_ of your maximum heart rate (MHR).

- a) 20%
- b) 70-80%
- c) 80-85%
- d) 60-70%

20. A **high-intensity** activity is an exercise that creates a big increase in your heart and breathing rate working at \_\_\_\_\_ of your maximum heart rate (MHR).

- a) 20%
- b) 70-80%
- c) 80-85%
- d) 60-70%

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21. A \_\_\_\_\_ means that a person **does not** do regular physical activity.
- a) healthy lifestyle
  - b) sedentary lifestyle
  - c) unhealthy lifestyle
  - d) strict lifestyle
22. \_\_\_\_\_ is when people are made **immune** or **resistant** to an infectious disease, usually by the injection of a vaccine.
- a) Screening
  - b) Diagnostic test
  - c) Immunisation
  - d) Infection
23. \_\_\_\_\_ is when you already have the **antibodies** to fight against a disease should the disease enter your body again in future.
- a) Vaccination
  - b) Infection
  - c) Inflammation
  - d) Immunity
24. Vaccinations **save** an estimated \_\_\_\_\_ every year.
- a) 2.5 million lives
  - b) 10 million lives
  - c) 6 million lives
  - d) 500 000 lives
25. \_\_\_\_\_ are **medical tests** that doctors use to check for diseases and health conditions in people before there are any signs and symptoms.
- a) Vaccination status
  - b) Diagnostic tests
  - c) Health visits
  - d) Screenings

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26. **Regular** health checks and screenings are extremely important in disease prevention as they can:
- a) give you peace of mind
  - b) diagnose diseases or health issues before they start to affect you
  - c) allow you to keep track of your health, such as weight and blood pressure
  - d) All of the above
27. **Men** in their 40s should do a screening for
- a) Breast cancer
  - b) cardiovascular disease and prostate cancer
  - c) osteoporosis
  - d) All of the above
28. The type of test for that is used in screening to determine **prostate cancer** for men over 45 years old is \_\_\_\_\_ .
- a) Lipids test
  - b) Blood pressure measurement
  - c) Blood test or physical examination
  - d) Body mass index (BMI) and waist circumference
29. If a person gets a '**positive**' result from screening,
- a) they are healthy.
  - b) they will never develop the condition in the future.
  - c) they are at low risk of having the condition they were screened for.
  - d) they might have the condition they were screened for require further tests to confirm the results.
30. \_\_\_\_\_ is when antibiotics are **overused** over time and are no longer as effective in killing bacteria.
- a) Antibiotic resistance
  - b) Antibiotic dependence
  - c) Antibiotic restraint
  - d) Antibiotic chemicals

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31. \_\_\_\_\_ and \_\_\_\_\_ are two examples of **non-modifiable** risk factors.

- a) Genetics
- b) Overweight
- c) Stress
- d) Gender

32. Two diseases the UAE vaccinates **children** against: (choose two answers)

- a) Asthma
- b) Tuberculosis (BCG)
- c) Cardiovascular disease
- d) Hepatitis B (Hep B)

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33. Two of the four most **common** non-communicable diseases are:

- a) cardiovascular disease
- b) osteoporosis
- c) cancer
- d) gastroenteritis

34. Which of the following is considered a **positive** health behaviour?

- a) Having a sedentary lifestyle
- b) Eating a balanced diet
- c) Sleeping for 4 hours per night
- d) Being dehydrated

35. Which of the following is a **modifiable** risk factor for disease?

- a) Genetics
- b) Ethnicity
- c) Gender
- d) Hypertension



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36. What does it mean if a person receives a **negative** result from disease screening?

- a) They might have the condition that they were screened for.
- b) They will never develop the condition for the rest of their life.
- c) They should do further diagnostic tests to confirm the results.
- d) They are at low risk of having the condition they were screened for.

37. Which is **not** a disease that children are vaccinated against in the UAE National Immunisation Programme?

- a) Polio
- b) MMR
- c) HIV
- d) Influenza

38. **Women** aged 25-65 should be screened for \_\_\_\_\_ .

- a) cervical cancer
- b) breast cancer
- c) prostate cancer
- d) all the options are correct

39. The most common types of **healthcare infections** are:

- a) surgical infections, in the area a person has been operated on
- b) bloodstream infections
- c) meningitis, an infection of the brain and spinal cord
- d) All of the above

40. **PPE** stands for

- a) personal protective equipment
- b) personal preference equipment
- c) protective personal equipment
- d) part of possible experience

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41. What is **immunisation**?

- a) A tool used to test for a disease or illness
- b) A way to keep track of physical and mental health
- c) An injection that makes people immune to a disease
- d) An examination to test if people are resistant to a disease

42. Which test is used to screen for **breast cancer**?

- a) Pap smear test
- b) Blood test
- c) Mammogram
- d) Lipid test

43. A **lipid test** is used to screen for

- a) High cholesterol
- b) bowel cancer
- c) High blood pressure
- d) Obesity



44. A woman received a positive result after a screening test for **cervical cancer**. What does this mean?

- a) She is immune or resistant to cervical cancer
- b) She has been diagnosed with cervical cancer
- c) She is at a low risk of developing cervical cancer
- d) She may have cervical cancer and should do more tests to confirm

45. What is **medical screening**?

- a) Testing someone for a disease that they have symptoms of
- b) Testing someone for a disease before they have any signs or symptoms
- c) Giving vaccines to children against certain diseases
- d) Medication designed to kill bacteria and prevent infections from spreading

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46. Brushing your teeth, taking a shower, and putting on clean clothes in the morning is an **example** of good \_\_\_\_\_ .

- a) personal hygiene
- b) physical activity
- c) diet
- d) sleeping pattern

47. Which of the following is an example of **high-intensity** physical activity?

- a) Swimming slowly
- b) Golf
- c) Walking
- d) Playing football

48. How **frequently** should women aged 40-69 undergo screening for breast cancer?

- a) Every year
- b) Every 2 years
- c) Every 3 years
- d) Every 5 years

49. Which of the following risk factors are **modifiable**?

(Select three)

- a) Gender
- b) Sedentary lifestyle
- c) Smoking
- d) Ethnicity
- e) Hypertension
- f) Family history

50. Which of the following tests is used to screen for **diabetes**?

- a) Blood pressure measurement
- b) Fasting blood glucose test
- c) Pap smear test
- d) Mammogram

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51. Which of the following can help to **prevent** a communicable disease?

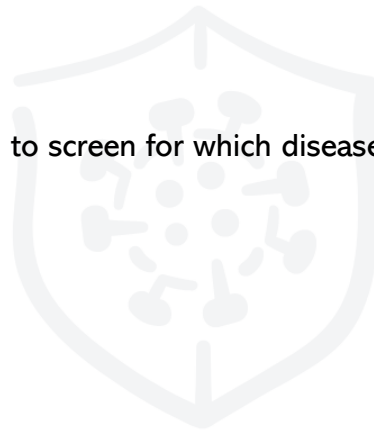
- a) Stopping smoking
- b) Losing weight
- c) Doing exercise daily
- d) Good personal hygiene

52. How can you **improve** your sleep?

- a) Drink caffeine before bed
- b) Use your phone or laptop in bed
- c) Go to bed at the same time every night
- d) Aim for 3-5 hours of sleep a night

53. A **colonoscopy** test is used to screen for which disease?

- a) Obesity
- b) Hypertension
- c) Bowel cancer
- d) Breast cancer



54. When should a doctor use a **diagnostic test**?

- a) To check for early signs of a disease
- b) To confirm the presence or absence of a disease
- c) If a person is not showing signs or symptoms of a disease
- d) If a person has had a negative result from a screening test

55. A **healthy diet** can reduce the risk of certain diseases by

- a) Consuming enough nutrients
- b) Getting enough sleep
- c) Having good personal hygiene
- d) Being physically active

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## Additional & Previous Questions

56. The doctor has prescribed a course of antibiotics to Latifa to cure her tonsilitis and to prevent it from spreading to other people. **Antibiotics** designed to kill:
- a) bacteria
  - b) fungi
  - c) viruses
  - d) all of the options are correct

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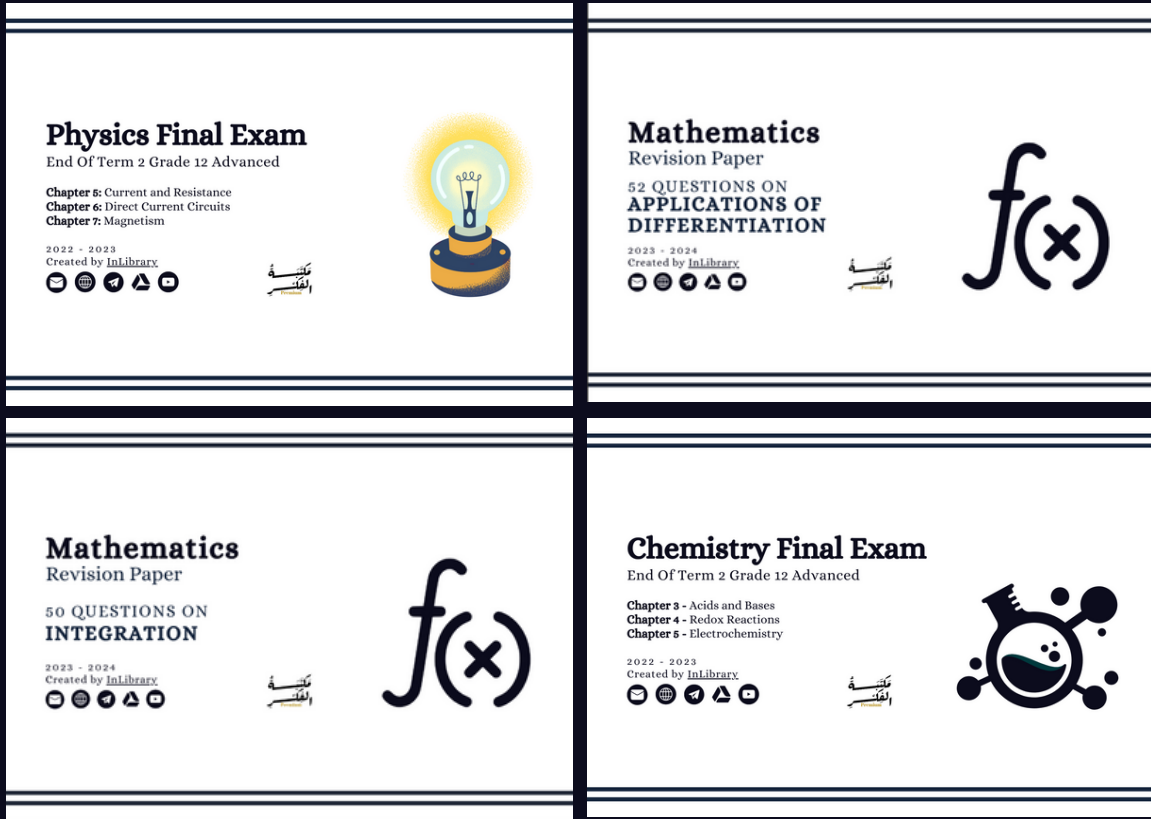
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