



Health sciences – Term 1 (2022 – 2023)

Revision – Unit 2 (Diseases of the body systems)

Teacher: Arwa Abdelmoneim Elsir

1.	Osteoporosis causes bones to become _____.	
	(A)	strong and dense
	(B)	weak and porous
	(C)	strong and porous
	(D)	strong and weak

2.	The nervous system is made up of _____.	
	(A)	the heart, blood and blood vessels
	(B)	the mouth, lungs and alveoli
	(C)	the brain, spinal cord and nerves
	(D)	bones, muscles and joints

3.	Which of the following diseases is non-communicable?	
	(A)	Diabetes
	(B)	COVID-19
	(C)	Gastroenteritis
	(D)	Common cold

4.	Name an acute disease.	

5.	Inflammation of the airways is caused by which disease?	
	(A)	Multiple sclerosis
	(B)	Hypertension
	(C)	Alzheimer's disease
	(D)	Asthma

6.	Write one symptom of COVID-19.	

7.	Food intolerances are difficult to diagnose because they do not have any symptoms.	
	(A)	True
	(B)	False

8.	_____ are the main sign of epilepsy.	
	(A)	Cramps and stomach pain
	(B)	Chest pains
	(C)	Seizures
	(D)	Swollen hands

9.	Hypertension is also known as _____.	

10.	Who do allergies affect?	
	(A)	Younger people
	(B)	Older people
	(C)	More males than females
	(D)	Anyone

11.	Which of the following best describes a communicable disease?	
	(A)	A disease that cannot be passed on from one person to another
	(B)	A disease that is genetic or hereditary
	(C)	A disease that can be passed on from one person to another
	(D)	A disease that presents no physical change in the body

12.	Give one example of a non-communicable disease.	

13.	The respiratory system provides structure to the body and allows the body to move.	
	(A)	True
	(B)	False

14.	Atherosclerosis affects which system of the body?	

15.	The liver is part of which system of the body?	
	(A)	Digestive system
	(B)	Immune system
	(C)	Respiratory system
	(D)	Nervous system

16.	Which of the following diseases affect the nervous system?	
	(A)	Parkinson's
	(B)	Pneumonia
	(C)	Gastroenteritis
	(D)	Multiple sclerosis

17.	Name one risk factor for hypertension.	

18.	Select three chronic diseases.	
	(A)	Common cold
	(B)	Epilepsy
	(C)	Asthma
	(D)	Fever
	(E)	Arthritis

19.	Complete the following sentences.	
	Allergies happen when the ___c___ system reacts to a substance such as animal hair. It can cause ___a___ of the skin, eyes, and airway. Allergic reactions can range from ___d___ to severe. ___b___ is an example of a severe allergic reaction. a. inflammation b. anaphylaxis c. immune d. mild	

20.	An autoimmune disease is where the immune system attacks healthy body cells.	
	(A)	True
	(B)	False

21.	Chronic obstructive pulmonary disease is a disease that affects which system of the body?	
	(A)	Nervous system
	(B)	Digestive system
	(C)	Respiratory system
	(D)	Cardiovascular system

22.	What is the meaning of a communicable disease?	

23.	An allergy is a disease of the digestive system.	
	(A)	True
	(B)	False

24.	Name one main part of the immune system.	

25.	Select three parts of the respiratory system.	
	(A)	Trachea
	(B)	Oesophagus
	(C)	Bronchus
	(D)	Alveoli
	(E)	Intestines

26.	A patient has an allergy to peanuts. What is the name of the medical specialist should they go to?	

27.	Sarcopenia is a disease that causes bones to become weak and porous.	
	(A)	True
	(B)	False

28.	A communicable disease_____.	
	(A)	lasts a short length of time
	(B)	lasts for a long period of time
	(C)	can be spread from one person to another
	(D)	cannot be spread from one person to another

29.	Which of the following is a chronic disease?	
	(A)	Diabetes
	(B)	Common cold
	(C)	COVID-19
	(D)	Gastroenteritis

30.	Which disease causes bones to become weak and porous?	
	(A)	Arthritis
	(B)	Osteoporosis
	(C)	Epilepsy
	(D)	Alzheimer's disease

31.	Name two parts of the nervous system.	
	(i)	_____
	(ii)	_____

32.	Seizures are the main sign of _____.	
	(A)	asthma
	(B)	gastroenteritis
	(C)	epilepsy
	(D)	food intolerances

33.	Which age group of people are most affected by Alzheimer's disease?	

34.	Which of the following diseases is communicable?	
	(A)	Alzheimer's disease
	(B)	Allergies
	(C)	Food intolerance
	(D)	COVID-19

35.	Which of the following is a disease of the immune system?	
	(A)	Epilepsy
	(B)	Multiple sclerosis
	(C)	Food intolerance
	(D)	Asthma

36.	Fill in the blanks using the words in the table.	
	A sign of a disease is something that can be b by others, such as d . A symptom of a disease is something that can be c by the patient, such as a	
	a. pain b. seen c. felt d. swelling	

37.	What is the name of the condition known as high blood pressure?	
	(A)	Hypertension
	(B)	Hypotension
	(C)	Atherosclerosis
	(D)	Heart attack

38.	Which of the following diseases is acute and communicable?	
	(A)	COVID-19
	(B)	Influenza (flu)
	(C)	Common cold
	(D)	All of the above

39.	Describe the difference between a sign and a symptom of disease.	

40.	Which system of the body does a pulmonologist specialise in treating?	

41.	Mohammed has pain and swelling in his joints. He has noticed a grating feeling between the bones in his fingers when he uses his hands. Which disease does Mohammed have symptoms of?	
	(A)	Arthritis
	(B)	Osteoporosis
	(C)	Gastroenteritis
	(D)	Epilepsy

42.	Farah has shortness of breath when she exercises, her chest feels tight and she makes a wheezing sound when she breathes. What condition does this suggest Farah has?	
	(A)	COVID-19
	(B)	Multiple sclerosis
	(C)	Gastroenteritis
	(D)	Asthma

43.	What is dementia?	
	(A)	A disease that causes brain cells to grow
	(B)	A disease that causes brain cells to waste away
	(C)	Symptoms associated with decline in mental ability
	(D)	All of the above

44.	Which of the following readings would suggest the patient has hypertension?	
	(A)	118/82
	(B)	145/97
	(C)	125/80
	(D)	119/79

45.	What is atherosclerosis?

46.	What is the name given to a severe allergic reaction?

47.	Which medical professional would you visit for the diagnosis or treatment of epilepsy?	
	(A)	Immunologist
	(B)	Pulmonologist
	(C)	Neurologist
	(D)	Gastroenterologist

48.	What is an autoimmune disease?	
	(A)	A condition where the immune system attacks healthy body cells by mistake
	(B)	A condition where the immune system attacks unhealthy body cells
	(C)	An immune reaction to harmful object in the body
	(D)	A condition which affects the digestive system

49.	Fatima experiences tightness in her chest and shortness of breath when exercising. Which type of doctor should Fatima visit?	
	(A)	Pulmonologist
	(B)	Gastroenterologist
	(C)	Immunologist
	(D)	Orthopaedic surgeon

50.	There are different signs and symptoms of each disease. Identify which of the following is a sign of disease.	
	(A)	Feeling tired
	(B)	Difficulty concentrating
	(C)	Coughing
	(D)	Pain in back

51.	Which of the following best describes a symptom of disease?	
	(A)	Something that stops the disease and makes someone healthy again
	(B)	Evidence of an illness that can be seen by others
	(C)	A feeling or physical change experienced by a patient
	(D)	A doctor's opinion about how someone will recover from an illness or injury

52.	Noor has just eaten lunch at a new restaurant. Suddenly, she experiences severe shortness of breath and quickly loses consciousness. Noor is likely having a _____.	
	(A)	stroke
	(B)	seizure
	(C)	severe allergic reaction
	(D)	mild allergic reaction

53.	What is the main cause of atherosclerosis?	
	(A)	When the supply of oxygen to the brain is reduced or stopped completely
	(B)	When the immune system attacks the myelin of the nerve cells
	(C)	When a build up of plaque in the body's arteries blocks blood flow
	(D)	When the cartilage around a joint thins and bones rub together

54.	Which of the following best describes a communicable disease?	
	(A)	A disease that can be spread from person to person
	(B)	A disease that is caused by an individual's lifestyle factors such as lack of exercise
	(C)	A disease that cannot be passed on from person to person
	(D)	A disease that is inherited from parents

55.	Which type of doctor specialises in treating conditions of the digestive system?	
	(A)	Pulmonologist
	(B)	Gastroenterologist
	(C)	Immunologist
	(D)	Orthopaedic surgeon

56.	Which type of doctor specialises in treating conditions of the circulatory system?	
	(A)	Pulmonologist
	(B)	Cardiologist
	(C)	Immunologist
	(D)	Orthopaedic surgeon

57.	Fatima feels a lot of pain in her knee joint after a sports injury. Which type of doctor should she visit?	
	(A)	Pulmonologist
	(B)	Cardiologist
	(C)	Immunologist
	(D)	Orthopaedic surgeon

58.	Which of the following statements about arthritis is true?	
	(A)	Arthritis is a communicable disease
	(B)	Arthritis causes bones to become porous and weak
	(C)	Arthritis is more common in adults over 65 years old
	(D)	Arthritis affects more men than women

59.	Which of the following medical care should you give to a person suffering from anaphylaxis?	
	(A)	Heimlich manoeuvre
	(B)	Adrenaline auto-injector
	(C)	Recovery position
	(D)	Obstruction manoeuvre

60.	Which of the following diseases and conditions is chronic?	
	(A)	Asthma
	(B)	Gastroenteritis
	(C)	Fever
	(D)	Cold and flu

61.	What disease or condition may a gastroenterologist have expertise in?	
	(A)	Inflammatory bowel disease
	(B)	Neurological disorder
	(C)	Asthma and other respiratory diseases
	(D)	Osteoporosis

62.	What can cause gastroenteritis?	
	(A)	A family history of gastroenteritis
	(B)	Eating food that is cooked thoroughly
	(C)	Preparing food on unclean surfaces
	(D)	Eating food with a high salt content

63.	Alzheimer's disease affects which system of the body?	
	(A)	Respiratory system
	(B)	Nervous system
	(C)	Circulatory system
	(D)	Digestive system

64.	Asthma causes inflammation of the _____?	
	(A)	Airway
	(B)	Joints
	(C)	Stomach
	(D)	Spinal cord

65.	COVID-19 is an infectious disease. What does this means?	
	(A)	COVID-19 is a non-communicable disease
	(B)	COVID-19 is a disease that cannot be cured
	(C)	COVID-19 can be spread to other people by germs
	(D)	COVID-19 an be treated with medication

66.	What puts a person at a higher risk of developing hypertension?	
	(A)	A blood pressure reading of 120/80 mmHg
	(B)	Doing weight training 3 times a week
	(C)	Eating a diet low in salt and fat
	(D)	Working in a stressful environment

67.	Pulmonologist have specialized knowledge of conditions of the _____?	
	(A)	Circulatory
	(B)	Respiratory
	(C)	Nervous
	(D)	Musculoskeletal

68.	What medication is given to a person who has mild allergies?	
	(A)	Antihistamines
	(B)	Antibiotics
	(C)	Inhaler
	(D)	Insulin

69.	What lifestyle change can help to manage osteoporosis?	
	(A)	Reduce calcium intake in the diet
	(B)	Limit weight-bearing exercises
	(C)	Increase intake of vitamin D
	(D)	Consume more caffeine

70.	Which of the following can help to manage hypertension?	
	(A)	Increase salt intake
	(B)	Increase caffeine intake
	(C)	Maintain a healthy weight
	(D)	Smoke daily

71.	Epilepsy affects which system of the body?	
	(A)	Nervous system
	(B)	Respiratory system
	(C)	Digestive system
	(D)	Circulatory system

72.	Arthritis, diabetes and epilepsy are _____?	
	(A)	Communicable diseases
	(B)	Acute diseases
	(C)	Chronic diseases
	(D)	Diseases of the musculoskeletal system

73.	Which of the following diseases are acute?	
	(A)	Multiple sclerosis
	(B)	Asthma
	(C)	Influenza
	(D)	Hypertension

74.	Multiple sclerosis is a disease that affects which system of the body?	
	(A)	Immune system
	(B)	Circulatory system
	(C)	Musculoskeletal system
	(D)	Digestive system

75.	Which of the following is a sign or symptom of arthritis?	
	(A)	Pain and swelling around the effective joint
	(B)	Sudden uncontrolled movement or shaking
	(C)	Noisy, difficult breathing
	(D)	Difficulty remembering newly learned information

76.	Which of the following can help to manage osteoporosis?	
	(A)	Reducing calcium in the diet
	(B)	Increase intake of caffeine
	(C)	Doing weight-bearing exercises
	(D)	All of the above

77.	Which system of the body do allergies affect?	
	(A)	Immune system
	(B)	Digestive system
	(C)	Circulatory system
	(D)	Nervous system

78.	Which of the following is part of the respiratory system?	
	(A)	Trachea
	(B)	Oesophagus
	(C)	Pancreas
	(D)	Arteries

79.	Mohamed has been feeling tired and has a persistent, dry cough. He cannot taste or smell his food. What disease or condition is Mohamed showing signs and symptoms of?	
	(A)	COVID-19
	(B)	Asthma
	(C)	Gastroenteritis
	(D)	Hypertension

80.	What is anaphylaxis?	
	(A)	A severe allergies reaction
	(B)	Difficulty digesting food
	(C)	A decline in mental ability
	(D)	A disease of the circulatory system