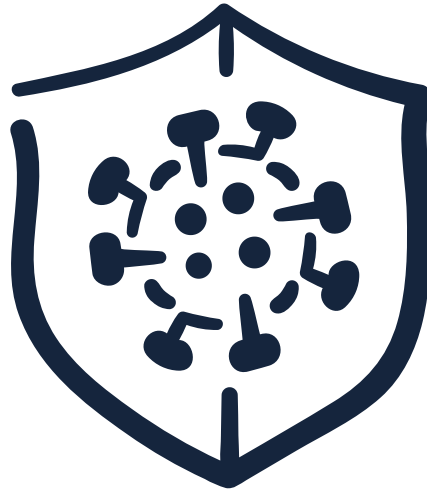# Unit 5

Disease Prevention

REVISION PAPER

by Abd Alrahman Basim

SECTION 1: THE CAUSES OF DISEASE AND ILLNESS

SECTION 2: MODIFIABLE AND NON-MODIFIABLE RISK FACTORS

SECTION 3: PERSONAL HEALTH BEHAVIOURS FOR DISEASE PREVENTION

SECTION 4: PHYSICAL ACTIVITY AND DISEASE PREVENTION

SECTION 5: MEDICAL CARE FOR DISEASE PREVENTION

SECTION 6: INFECTION CONTROL FOR DISEASE PREVENTION

Term 2   **Health Sciences**   **2022-2023**

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1. A _____ or an illness is a medical condition that stops a person's body from working properly.

   a) pain
   b) disease
   c) measurement
   d) skill

2. Disease _____ means stopping or lowering the chance of getting a disease or illness.

   a) detection
   b) manifestation
   c) prevention
   d) creation

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 disease
   c) modifiable risk factors
   d) communicable disease

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

6. _____ is an example of a non-communicable disease.

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

7. _____ is an example of a modifiable risk factor.

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

8. _____ may be described as a large group of people who have the same customs or origin.

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

9. Personal health behaviours are lifestyle habits that can affect a person's health. 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

11. Having a healthy diet is related to your mental health 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. Taking part 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. The World Health Organisation recommends that children and teenagers aged 5-17 years old should do

    a) at least 60 minutes of moderate to high-intensity activity each day.
    b) at least 60 minutes of moderate to high-intensity activity each week.
    c) at least 150 minutes of moderate-intensity physical activity or 75 minutes of high-intensity activity each week should be done
    d) at least 150 minutes of moderate to high-intensity activity each day.

19. The WHO recommends that adults aged 18-64 years old should do

    a) At least 150 minutes of moderate-intensity physical activity or 75 minutes of high-intensity activity each week should be done.
    b) at least 60 minutes of moderate to high-intensity activity each week.
    c) at least 150 minutes of moderate to high-intensity activity each day.
    d) All of the above.

20. 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%

21. 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%

22. A _____ means that a person does not do regular physical activity.

    a) healthy lifestyle
    b) sedentary lifestyle
    c) unhealthy lifestyle
    d) strict lifestyle

23. _____ 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

24. _____ 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

25. Vaccinations save an estimated _____ every year.

    a) 2.5 million lives
    b) 10 million lives
    c) 6 million lives
    d) 500 000 lives

26. _____ 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

27. Regular health checks and screenings are extremely important in disease prevention as they can

   a) diagnose diseases or health issues before they start to affect you
   b) allow you to keep track of your health, such as weight and blood pressure
   c) give you peace of mind
   d) All of the above

28. 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

29. The type of test for that is used in screening to determine prostate cancer for men over 45 years old is _____ .

   a) Blood pressure measurement
   b) Blood test or physical examination
   c) lipids test
   d) Body mass index (BMI) and waist circumference

30. If a person gets a 'positive' result from screening,

   a) it means they might have the condition they were screened for require further tests to confirm the results
   b) it means that they will never develop the condition in the future.
   c) it means they are at low risk of having the condition they were screened for.
   d) it means they are healthy.

31. _____ are done when a person has signs or symptoms of a disease or has had a positive result from a general screening.

   a) X rays
   b) Diagnostic tests
   c) Dietary methods
   d) Physiotherapy

32. An example of infection control in day-to-day life is

   a) coughing or sneezing into a tissue
   b) sharing personal items with others
   c) not staying at home when you are sick
   d) not washing your hands properly and regularly

33. _____ 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

34. _____ and _____ are two examples of non-modifiable risk factors.

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

35. Two diseases the UAE vaccinates children against diseases such are _____ and _____ .

   a) Asthma
   b) Tuberculosis (BCG)   (السُّل)
   c) Cardiovascular disease
   d) Hepatitis B (Hep B)   (التهاب الكبد بي)

36. _____ and _____ are two of the four of the most common non-communicable diseases.

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

37. 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

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

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

39. Having too much cholesterol can increase the risk of diseases in the _____ .

   a) heart
   b) lungs
   c) nerves
   d) liver

40. Which of the following diseases could be spread by someone with poor personal hygiene?

   a) Diabetes
   b) Hypertension
   c) Asthma
   d) COVID-19

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

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

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

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

43. Women aged 25-65 should be screened for _____ .

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

44. 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

45. PPE stands for

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

46. Three things are needed for an infection to spread are a source, a person and

   a) material
   b) infection
   c) bacteria
   d) transmission

47. 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

48. Which test is used to screen for breast cancer?

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

49. A lipid test is used to screen for

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

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

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

Unit 5

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Resources

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