

**You will need a #2 pencil, a good eraser, and a Scantron**. These essential supplies will not be provided. The final exam will consist of 100 true or false, matching, and multi-guess questions. You may complete an evaluation of the course after you finish the exam and then you may leave. Hopefully you will do the assigned reading by the due date noted on the syllabus and answer these questions **as you read the text**. The answers may also be found in your notes. This review sheet is simply that…a review. Many, but not all final exam questions are on this review sheet. ☺ I suggest making note-cards with the question on one side of the note-card and the question on the other side of the note-card. Memorize the answers for the final exam!

**The exam is 50% of your grade.**

☺ **Disclaimer**: This sheet is not a substitute for attending class, reviewing notes

or doing the assigned reading ☺



**Pages 1-25**

1. What are the leading causes of death for all ages? for each age group provided?

2. Define mortality and morbity

3. If you were born in 2010 what is your average life expectancy?

4. What are 3 main reasons why people are living longer today?

5. What are people dying of today?

6. What is the difference between quantity of life and quality of life?

7. Define health

8. List the ten greatest public health achievements of the 20th century

9. Draw the wellness continuum (be sure to label)

10. Define holistic as relates to the definition of health

11. Who (wink) expanded the definition of health in 1947?

12. Define health determinants and be sure to note how it relates to social justice issues

13. Discuss individual vs. community/environmental influences on our health

14. Define controllable and modifiable risk factors/determinants of health

15. What are the behaviors of death and how many deaths are they responsible for?

16. What are health disparities? List some health disparities

17. Why is policymaking so important? List some examples

18. Explain the models of behavior change and know who developed it

19. Explain the social cognitive model (include a drawing) and know who developed it

20. Explain the Stages of Change (TTM) and know who developed it

21. Which extensions should you look for when "surfing" for health information on the web?

22. Explain the difference between internal and external locus of control

23. What are SMART goals?

**Pages 96-107**

24. Do the majority of college students get enough sleep most days of the week? Why/why not?

25. List 3 reasons why sleep is considered very important

26. List 4 physical benefits of sleep

27. Describe how sleep improves our ability to function especially as relates to driving

28. List 3 psychosocial benefits

29. Define the circadian rhythm (include the gland and hormone)

30. Describe the 2 primary sleep states in detail

31. How many hours of sleep are needed on average

32. Define sleep inertia

33. List 9 tips for sleeping well

34. List 8 things not to do if you want to sleep well

35. Define sleep disorders (include # of Americans that have them, # of specific disorders)

36. Define insomnia, sleep apnea (2 types), RLS and narcolepsy

**Pages 136-151**

37. List the 4 characteristics of intimate relationships

38. Define emotional availability

39. Explain the connection between physical health and intimate/close relationships

40. Define accountability and self-nurturance

41. Define self-concept and self esteem (review provided examples)

42. Review purposes of family, friends and romantic relationships

43. Define companionate love, passionate love

44. Draw and be able to explain the Triangular Theory of Love and know who is credited with it

45. Explain the 4 stages of Helen Fisher's theory

46. Review gender differences and how those messages are interpreted (he says/she says) and note societal expectations

47. Define self disclosure and who is credited with it

48. List the 3 main reasons why we listen

49. Define verbal and non verbal communication as well as conflict resolution

50. Define monogamy, serial monogamy, open relationship, cohabitation, common law marriage

51. List 5 benefits of married folks (committed relationships)

52. List the 6 factors associated with successful marriage

53. Does cohabitation prior to marriage increase your odds of a successful marriage?

54. Review "to have kids or not to have kids" (what to consider) pages 146-147

55. Define the various types of families (blended, nuclear, single, adoptive, etc)

56. What are the 3 parenting styles, which is the best (be able to define all 3 types)

57. Explain why some say the divorce rate is over 50% and others say no more than 41%

58. Review "how do you end it" page 151

**Pages 410-423**

59. Define multi-factorial

60. Explain the factors needed in order for a disease to occur

61. List the 7 modes of transmission

62. List the 7 controllable risk factors presented

63. List the 4 uncontrollable risk factors presented

64. Define super bugs

65. List the 3 reasons we think super bugs were able to develop

66. What can we do as individuals to prevent super bugs?

67. Review the body's defenses (physical and chemical)

68. Define antigen and list the various antigens

69. Review figure 13.2

70. Define antibodies, autoimmune

71. Why/how is pain and temperature important in protecting our bodies?

72. Define vaccine and review table 13.2 and figure 13.3 (page 417)

73. Explain the 3 types of immunity

74. Why is there a vaccine backlash and why are these concerns unfounded?

75. Define allergy, allergen

76. Define bacteria, how they are cured, and the 6 major examples provided

77. Define viruses, how they are treated (define palliative), incubation period and 3 major examples provided

78. Define fungi and list at least one helpful fungi and one harmful fungi

79. Define protozoans and give 3 examples

80. Define parasitic worms and give 2 examples

81. Define prions and give 1 example

82. Why are rates for many infectious diseases increasing? Give 3 examples



**Pages 28-54 (do not read pages 54-64)**

83. What are the 3-4 components of psychological health and briefly define each (page 28)

84. List the 8 basic elements of psychological health

85. Draw Abraham Maslow’s 1960 Hierarchy of Need, explain how the levels work (page 29)

86. List the 6 factors that may influence psychological health (page 31)

87. Define self efficacy and self esteem (page 32)

88. Define learned helplessness, victimology and learned optimism

89. List the personality traits related to wellbeing

90. Explain/define PNI (page 33)

91. List the suggested ways to enhance psychological health (Page 34)

92. Define mental illness; include the causes and risk factors

93. What is the name of the manual used to diagnose mental illness? (page 35)

94. How common is mental illness?

95. Define chronic mood disorders; include the types (page 36)

96. Define dysthymic disorder (page 39)

97. Define/understand bipolar disorder

98. Define/understand SAD

99. Define anxiety disorders; include the types (page 40)

100. Define/understand GAD

101. Define/understand panic disorders

102. Define/understand phobic disorders; include social phobia (page 41)

103. Define/understand obsessive compulsive disorder

104. Define/understand PTSD

105. Define personality disorders; include the types

106. Define/understand paranoid personality (page 42)

107. Define/understand narcissistic personality

108. Define/understand borderline personality

109. Define/understand schizophrenia

110. Know how common suicide is and list the risk factors (page 43)

111. Know the warning signs for suicide

112. Know the prevention techniques and how to help someone

113. Know about the higher risk for LGBT and what lowers the risk (page 44)

114. Know the path to treatment; what is the first step (page 45)

115. Review “Skills for Behavior Change: A complete Evaluation”

116. What should a professional exam include? (Page 46)

117. Know the difference between a psychiatrist and a psychologist (table 2.1)

118. Review questions to ask the therapist and yourself and what to expect in therapy (page 47)

**Pages 66-92**

119. Define stress, stressor, eustress, distress, acute stress, episodic acute stress, chronic stress

120. What is GAS, who developed this theory and what are the 3 phases of it? (pages 68-70)

121. List several physical effects of stress (see figure 3.3 also)

122. What is PNI?

123. Can you lose hair and gain weight from too much stress?

124. How else can stress negatively affect us? (pages 72-74)

125. According to the APA what are the top 4 stressors Americans face?

126. Define psychosocial stressors, technostress (give 3 times for dealing with this stress too)

127. Define internal stressors, appraisal

128. Briefly explain Type A, B, C and D personalities

129. What is psychological hardiness, who developed it and what are good feelings associated with it?

130. Page 79 review the test taking tips

131. Define coping? Is coping positive or negative? What is the connotation?

132. On page 80 review the section Assess Your Stress

133. What are the 7 stress management methods presented (pages 80-85). Be sure to define cognitive restructuring, what may trigger an anger response, the 3 ways we respond to anger & which way is healthiest, the 5 ways to take physical action, and review all provided tips for each method.

134. List the 10 relaxation techniques and note which one research does not support.

**Pages 326-336**

135. Know that the majority of adults (93%) are dissatisfied with their bodies even those who are underweight.

136. Define negative and positive body images and review tips on page 330

137. List the 3 major influences on our body image

138. Define body dysmorphic disorder and social physique anxiety

139. Define disordered eating, eating disorder (who is it common in and what are some risk factors)

140. Define anorexia, bulimia, and binge eating

141. What is the treatment for these 3 psychiatric illnesses?

142. How can you help others who may be suffering from these disorders?

143. Define compulsive exercise, muscle dysmorphia, female athlete triad (may want to draw it)

**Pages 454-461**

144. Start at Dying & Death...Explain Elizabeth Kubler-Ross 1969 Model (identify the 5 psychological stages)

145. Define bereavement, grief, mourning (note difference between grief & mouring), disenfranchised grief (give 2 examples)

146. Review ways to support a friend (page 457)

147. Explain W. Worden's 4 tasks

148. Define advance directive, living will, five wishes, rational suicide, active euthanasia, passive euthanasia, hospice/palliative care (review characteristics page 460), and wake/viewing

 

**Pages 365-394**

149. What are the 3 cardiovascular diseases CVD)? Know that they comprise 24% of all deaths in the world

150. Define chronic diseases and know some problems they can cause (disability for example)

151. List the 7 cardiovascular disease lifestyle factors presented

152. Define CVD and know that 1 out of every 3 Americans has/will develop

153. Know about resting heart rate (what is well conditioned vs what is concerning) (page 367)

154. Define atherosclerosis, hyperlipidemia, atherosclerosis, ischemia, and review figure 12.4

155. Define peripheral artery disease (PAD) and list the 4 factors that may lead to this condition

156. Define coronary heart disease (CHD) and know how many deaths it causes in the US

157. Review what do to in the event of a heart attack (page 369)

158. Define angina pectoris, arrhythmias, tachycardia, bradycardia, fibrillation

159. Define heart failure (HF), stroke (include ischemic, hemorrhagic, aneurysm, transcient ischemic attacks) and hypertension

160. Review FAST (page 370)

161. Review information provided on systolic blood pressure, diastolic blood pressure and know what is considered normal vs high BP (pages 371-372)

162. Review information provided on risk (including cardiometabolic risks, METS) (page 372)

163. Discuss the 7 modifiable risks mentioned (page 374)

164. List the 4 non modifiable risk factors mentioned

165. List and brief explain the 3 "weapons against CVD" (page 377)

166. List the 6 tests used in diagnosing CVD

167. Define Coronary bypass surgery (CABG), angioplasty, and atherectomy

168. Does aspirin help?

169. Know that cancer is the #2 cause of death in the US, that 1/2 of all men and 1 in 3 women have a lifetime risk, 5 year survival rates are up and the definition of remission (pages 378-391)

170. Define oncogines (page 381) and ionizing radiation (page 382)

171. Review cancer fighting vaccines, new ideas (page 390)

**Pages 398-407**

172. Know that diabetes in the US is rising, it is the fastest growing chronic disease, many cases are undiagnosed and it is the 7th leading cause of death in the US (page 399)

173. Define diabetes mellitus (page 399)

174. Define hyperglycemia (page 400)

175. Explain how it all should work (in a healthy person what happens) (words use should include carbohydrate, pancreas, insulin, liver, glycogen)

176. Explain what happens with Type One diabetes, include risk factors and treatment

177. Explain what happens with Type Two diabetes, include why insulin is ineffective (pages 400-401)

178. Review figure 2 as it helps explain the difference between healthy, one and two (page 401)

179. Explain pre-diabetes

180. Explain the non-modifiable and modifiable risk factors

181. Explain gestational diabetes and how/why it is so risky (page 402-403)

182. What are the symptoms of diabetes?

183. What complications can arise from diabetes? Increases the risk of? (page 404)

184. How is it diagnosed and monitored? (pages 404-405) Know about A1C #

185. What is the treatment for diabetes Type Two? (page 405)

186. What are the various types of medications? (page 406)

187. Is weight loss surgery an option? What are the results?

188. Discuss insulin injections (mention why it can’t be taken as a pill and the pump)

189. Review Assess Yourself (page 407)



**Pages 110-131**

190. What is the #1 cause of death for 15-24 year olds? #2? #3?

191. What are the 4 violent crimes described?

192. Is violence up or down in the US? (page 111)

193. Discuss the 6 reasons given for the under-reporting of sexual assault

194. List the 10 factors contributing to violence (page 111-112) as well as the 2 unproven reasons

195. Define hate crime (page 113)

196. A gun in the home \_\_\_the risk of a homicide and risk of suicide is more than \_\_times higher

197. List the 4 reasons given for participating in a bias related crime

198. Define domestic violence, IPV, and the cycle of IPV and Battered Woman Syndrome (page 116)

199. Review the information provided on IPV against men (page 117)

200. Define child abuse and elder abuse

201. Define and review statistics: sexual assault, rape, marital rape, child sexual abuse

202. Define sexual harassment and review what to do if you are being harassed (page 120)

203. Define stalking, how many cases involve technology, who is most at risk (pages 121-122)

204. Review social networking safety (page 121, box)

205. List 4 contributors to sexual violence (rape culture) (and list 4 contributors to gender norms)

206. Review what to do if a rape occurs and how to help a friend (page 123)

207. Review information on unintentional injuries,: vehicle safety: impaired driving and distracted driving (manual & cognitive) (page 125)



**Pages 266-296** (I forgot to read pages 300-322 and I will do this ASAP)

**\*Be sure to review the notes I posted that correspond to the Power Point I presented**

208. Define hunger, appetite, macronutrients, micronutrients, calorie

209. How many calories are in fat, carbohydrate (carb.), protein (pro.), alcohol, vitamins, minerals, water

210. Define dehydration, hyponatremia

211. Know how much water is recommended for men and women and how it is recommended we obtain the water (note this book suggests caffeinated beverages may not dehydrate us?!?!?)

212. Review table 9.1 (page 268)

213. Proteins: define amino acids, understand difference between complete & incomplete proteins

214. Carbohydrates: understand difference between simple and complex, review figure 9.3 (page 269-271)

215. Read the box on page 270 and learn about a possible solution to world hunger!

216. How much fiber should a whole grain bread have? What are some ways you could add fiber to your diet (box on page 272)

217. Define fiber (include definitions for dietary fiber, functional fiber, total fiber, soluble/insoluble fiber)

218. What are some benefits of fiber (box on page 271)

219. List 9 benefits of fats (page 272)

220. Total body fat: know % of triglycerides & % of cholesterol (CHO)

221. Explain heart disease risk (ratio of CHO to HDL, define HDL, LDL, lipoproteins)

222. Define saturated fats, unsaturated fats (MUFAs, PUFAs) (page273)

223. List some ways to add healthy fats to your diet (page 274)

224. How much fat should we have in our diet (% of calories, omega 6, saturated fat)

225. List a couple of examples of healthy and unhealthy fats

226. Discuss trans-fat (margarine)

227. Know 2006 FDA requires labels, 2010 CA bans in restaurants, label=partially hydrogenated oils, fractionated oils, shortening, lard or hydrogenation=Trans fat

228. Vitamins: know benefits of, define fat soluble vs. water soluble and antioxidants

229. Know can't stop free radical formation, just the negative effect of them and that study results are very mixed! (page 275)

230. Review environmental concerns and safety concerns of eating fish: Monterey Bay Aquarium provides a free national guide, free iPhone/Android ap. or text Blue Ocean Institute (box on page 275)

231. Define carotenoids (page 277)

232. How much vitamin D do we need and how can we get it?

233. Discuss functional foods include information on probiotics, PUFAs, Omega 3 fatty acids, whole grains (note FDA does not monitor labeling) and give a few examples (page 278)

234. Define minerals include major minerals, trace minerals

235. Define Sodium (page 279)

236. Discuss calcium include information on soda (page 281)

237. Discuss iron include information on deficiency and poisoning, anemia (page 281)

238. Understand DRIs, RDA, AI, UL, AMDR (page 282)

239. Regarding a healthful diet: define adequate, moderate, balanced, varied, nutrient dense (page 282-283)

240. My Plate Plan (www.choosemyplate.gov)

\*for extra credit enter the food you eat in one day and answer the posted questions\*

241. Define empty calorie (page 284-285)

242. Explain how much physical activity is recommended and some examples

243. Review the food label (daily value 5% or less=low, 20% or more = high, no DV = you don't need any-transfat for example)

244. Define vegetraianism include flexitarians, vegans, lacto-vegetarians, ovo-vegetarians, lacto-ovo-vegetarians, pesco-vegetarians, semi-vegetarians and include some reasons why people make this choice as well as issues/concerns (page 286-287)

245. Know that supplements are not regulated by the FDA, there are currently no guidelines for sale-safety and the study results are very mixed (page 287)

246. Eating well in college: review the tips on eating out (everyone should read regardless of age) (page 287-288)

247. Define organic and know about the criteria set and study results

248. Food safety: review information on salmonella, E.Coli, botulinum and know who is at risk and why

249. Know how you can lower your risk (page 290) (including no raw cookie dough, soft/funny egg yolk, pink burgers)

250. Define food allergy include the symptoms and how quickly it occurs

251. Know about the 2004 Congress Food Allergen Labeling and Consumer Protection Act

252. Define celiac disease (page 291)

253. Food intolerance: know how it is different than an allergy, include information on lactose intolerance (lactase)

254. Define GM and why it is being done include information on FlavrSavr (pages 291-292)

255. Review the debate on GM foods (page 292)

**Pages 300-322**

256. Define obesogenic (page 300)

257. Define obesity and how is at higher risk

258. Review the health consequences (figure 10.2) (page 301)

259. What are the 3 risk factors/influences for/on obesity?

260. Discuss genetic & physiological factors

261. Explain the thrifty gene theory (page 302)

262. Explain metabolic rates (BMR, RMR, EMR) (page 303)

263. Explain why older folks may gain weight

264. Explain hypothalamus monitors, adaptive thermogenesis, set point theory and yo-yo diets

265. Review Greater Access to High Calorie Food and Tips For Dining Out (page 304)

266. Discuss hormonal influences (satiety, thyroid) and how common it is (page 303)

267. Explain ghrelin and leptin (page 304)

268. Define hyperplasia and hypertrophy

269. What are the 2 main environmental factors to blame for obesity?

270. A Youthful Start: what are the risk factors (page 305)

271. What are the 3 psychosocial factors given? (page 306)

272. What are the 4 economical issues presented?

273. Know that people overestimate the amount of exercise they do as well as the intensity

274. Explain the weight stigma/bias (page 307)

275. Explain/define weight discrimination

276. Define body composition

277. Do we need fat? Why or why not? (explain essential and storage fat)

278. What is BMI? What is a criticism of this method?

279. What is considered healthy, obese? What is super obese?

280. What is waist circumference? What is considered high risk?

281. What is a healthy waistline? Weigh-hip ratio?

282. How is body fat best measured? What is the healthy range?

283. How many extra calories = a pound of fat?

284. How does the book suggest we manage our weight?

285. Define calorie (page 313)

286. Discuss including exercise (what are the 3 factors for # of calories used?) (page 315)

267. How many pounds can you safety loose in a week?

268. Discuss VLCD? (page 316)

269. What is ketogenesis? (page 317)

270. Is FDA approval required for weight loss drug treatment?

271. What drug was approved in 2007, how does it work and what are some side effects?

272. What is an example of a drug that was thought safe and what did we later learn?

273. Review the tips for gaining weight and know who might need to gain & why (page 319)

274. What are the 2 types of weight loss surgeries? Describe them each briefly

275. Describe liposuction



**Pages 202-227**

276. Define addiction include information on why it is considered a mental disorder

277. Define physiological dependence, psychological dependence

278. List the 4 symptoms of addiction

279. Define codependence, enabler (page 203)

280. Define drug, drug misuse, drug abuse and include information the cost to society

281. Define dopamine (page 205)

282. Define psychoactive drugs and include information on how heroin/LSD, PCP, cocaine, and methamphetamine work in the brain

283. List the 6 types of drugs

284. List the 5 routes of administration (page 207)

285. Define polydrug use include definitions for synergism, antagonism, intolerance, cross-tolerance

286. Discuss caffeine (page 208) include positive and negative effects and the recommended intake

287. Discuss OTC include high dose concerns and common abused OTC

288. Discuss prescription drug abuse (page 209)

289. Why are college students at an increased risk, what 2 groups are very popular and why

290. Why is prescription drug abuse on the rise? (box on page 210)

291. Draw a timeline of the rises and dips of illicit drug use in the US overtime (page 210)

292. What drug is on the rise?

293. What % of college students use? And who is at risk? (page 211)

294. What are the 7 classifications used? (page 213)

295. Review table 7.3 (pages 214-215)

296. Define stimulant (include amphetamine), give one example of each

297. Review information on Marijuana (brief history, % of users/how common is it, what is the psychoactive substance, what is hashish/hash oil, how long does it take to get “high,” how long is one “high” for, what happens when one is “high,” what are some negative effects) (pages 216-217)

298. Review Points of View (information on marijuana as a medicine) (page 219)

290. List at least 10 negative, health consequences of using marijuana (page 218)

291. Define depressants (include opioids), give one example of each

292. Review information on benzodiazepines, barbiturates (what are some examples, what are there 2 main effects) (page 220)

293. Briefly review information on GHB

294. Review information on hallucinogens (what is the effect, what is “smelling” colors known as) (page 221)

295. Provide a brief history of LSD, what is dysphoria (page 222)

296. Review information on Ecstasy, PCP, Mescaline, Psilocybin & Psilocin, and Ketamine (pages 222-223) (I have one page of notes total on all of them)

297. Inhalants (what are they, provide an example, how long does it take to get “high” and how long does it last, what is sudden sniffing death)

298. Anabolic steroids (what is it, what are the positive & negative effects

299. What is the first and most difficult step in treatment & recovery? (page 224)

300. What is detoxification?

301. List the 4 outpatient treatments discussed

302. Describe a typical residential treatment program

303. What is a 12 step program (history, purpose, what are the steps, what is the cost, who can attend)

304. Do college students need anything different? What has been shown to work? What additional supports maybe provided?

305. What is an example of a harm reduction program proven to work?

\* Don’t forget to review Do You Have A Problem? On page 227 ☺

**Pages 232-260**

306. Is red wine “good for you?” (page 232)

307. What is binge drinking defined as?

308. Are most people (the general population) binge drinkers?

309. Review LONG list of possible, negative consequences & list at least 6 (pages 232-234)

310. In educating college students what are 2 things that have been shown to work?

311. Who is at risk for abusing alcohol? (college students or non-college students)?

312. Explain proof (example: if a whiskey is 80 proof, what is the % of alcohol) (page 236)

313. What is a standard drink defined as?

314. How quickly you absorb alcohol is based on what factors? (page 237)

315. In general how many drinks can humans metabolize in an hour? How many calories/gram?

316. What does BAC stand for and what is it (define it)?

317. What are the effects at 0.02, 0.05, 0.10 (figure 8.4)

318. What is BAC determined by?

319. In general, why do women become intoxicated more quickly than men? (page 238)

320. Define tolerance (what are the 2 types, what is learned behavioral tolerance)

321. Review figure 8.6 (page 239)

322. Alcohol acts as a diuretic; where is the water pulled from?

323. How long does a hangover last and what is the treatment?

324. Discuss alcohol poisoning

325. What are the long term effects on the nervous system, heart, liver? What cancers may be caused? What are some other effects? (page 240)

326. What is a teratogenic substance and how does this apply to alcohol? (page 241)

327. What is FAS? How common is it?

328. What is the different between an alcoholic and a problem drinker?

329. Review tips on cutting back (page 243)

330. What are the risks associated with alcoholism? (page 244)

331. Review the information on Asians & alcohol (page 245)

332. List 5 costs to society

333. What are DTs (page 246)

334. Define relapse and how common it is

335. Know tobacco is the #1 preventable cause of death, causes 25 diseases

336. Explain why tobacco is considered an economic and political issue

337. According to table 8.1 who smokes? (page 247)

338. How much is spent on advertising? Who does it target? How? Does it work?

339. Know nicotine is the highly addictive chemical stimulant, it it’s the major psychoactive substance, there are 7,000 other chemicals (arsenic, formaldehyde, ammonia, etc), 69 carcinogens, and hot toxic gases too (page 248)

340. What are some of the positive and negative effects?

341. Explain what happens to cilia and how this effects the body (page 249)

342. How quickly does a person get a nicotine “buzz,” describe this effect, how quickly does addiction occur?

343. What are pairings?

344. Briefly describe the 7 various tobacco products (filtered cigs, clove, menthol, low tar/low nicotine, cigars, bidis, smokeless tobacco) (pages 249-251)

345. Discuss the health hazards (figure 8.10) (page 252)

346. Lung cancer (what % of cases are smokers, how long to develop, what is the 5 year survival rate, what are the risk factors) (page 251)

347. Know that 1/3 of cardiovascular disease is related to smoking and that the death rate is 70% higher and be able to explain why (page 252)

348. Know that a smoker is twice as likely to suffer from a stroke and be able to define stroke (page 252)

348. List at least 3 respiratory related disorders caused by smoking (be able to explain COPD)

349. Explain how smoking may lead to sexual dysfunction and infertility (page 254)

350. List some other health effects caused by smoking

351. What percentage of Americans use tobacco products?

352. What are the two types of ETS?

353. What are some concerns related to secondary smoke?

354. Highlight tobacco prevention (1998, 2009, 2011) (pages 254-255)

355. Know that 70% of US smokers want to quit, that 44% try each year and that only 4-7% are successful (have to break both physical & mental addiction) (page 256)

356. What are some quitting strategies (I have 7 strategies)?

357. List some of the nicotine withdrawal symptoms

358. Know that nicotine replacement may be a beneficial step in quitting and the types that are available

359. Review the tips (table 8.2 on page 257 and more on page 258)

360. In summary, what is the latest with the 2 approved smoking cessation medications and how about the vaccine?

361. What are the 2 types of therapies? (page 258)

362. Know that there are many health benefits from quitting (10 years of smoke-free living = normal life span and you save tons of money too)



**Pages 153-163**

363. For the anatomy & physiology section, please refer to your handouts ☺

364. Briefly describe/explain PMS & PMDD (page 156)

365. What is dysmenorrheal (include primary, secondary)

366. What is TSS and is it curable?

367. Describe menopause and some of the symptoms?

368. What is hormone replacement therapy and what is the current research concluding?

369. What are the 4 phases of the human sexual response & briefly describe each? (page 158)

370. Define vasocongestion and refractory period

371. Instead of asking if an activity is normal or abnormal, what are the 4 questions the author suggests considering before engaging in sexual activity? (page 159)

372. Define erogenous zones, cunnilingus, coitus, fellatio (page 160)

373. What % of college age students report having coitus/month? Anal?

374. Note that sex toys/penis should not go from the anus to the vagina~bacteria!

375. List the 4 suggestions for having great sex?

376. Briefly describe the 5 variant sexual behaviors discussed (page 161-162)

**Pages 423-435, 439**

377. Know what STI stands for and that there are more than 20 known types (page 423)

378. Know that the term has changed from VD to STD to STI in order to become more reflective of the # & types as well as the fact that they are caused by infecting pathogens

379. Know there is a 1 in 2 chance of getting an STI by the age of 25 and that STI are most prevalent in teens & young adults 9page 424)

380. Why is it an issue/problem? (I listed 4 reasons)

381. Review high-no risk behaviors (figure 13.5)

Please note for the following I considered cause (bacteria), how transmitted (direct contact), symptoms (asymptomatic), diagnosis (urine sample), cure/treatment (antibiotics), complications (PID) to be the main information in most cases ☺

382. Note main information regarding Chlamydia, PID, conjunctivitis (page 425)

383. Note main information regarding Epididymitis (what it is, what it causes, what is the treatment) (page 426)

384. Note main information regarding Gonorrhea, Syphilis (pages 426-428)

385. Note main information regarding Herpes (page 428)

386. Note main information regarding HPV (page 429)

387. Discuss the HPV vaccine (page 430)

388. Note main information regarding candidiasis/thrush

389. Discuss the main information regarding trichomoniasis

390. Discuss the main information regarding pubic lice (pages 430-432)

391. Know what HIV and AIDS stands for (page 432)

392. What is the scientific name for the body’s master immune cells (T-helper cells)?

393. Is HIV highly contagious?

394. Is there a significant risk of contracting HIV in the US from a blood transfusion?

395. What is the risk of a child contracting HIV in-utero without antiretroviral treatment?

396. What is the incubation time? How long does a person who is NOT receiving medical treatment have HIV before developing AIDS?

397. What are pre-AIDS symptoms? Progressing symptoms?

398. What are the 2 ways/reasons someone is diagnosed with AIDS?

399. What is ELISA, window period, Western Blot? (page 434)

400. What are the 2 main types of medications used today and how do they work (briefly)? Note there are numerous side effects & they are very expensive (page 435)

401. What are 3 prevention methods listed?

Don’t forget to review Do You Really Know What You Think You Know? On page 439 ☺

**Pages 169-186 (dropped 186-197)**

402. Define birth control and list the 3 conditions needed for conception

403. Define perfect use and typical use

404. What are the 4 categories of birth control presented? Describe each category.

405. For each of the following methods list/know/review how it works (comfort required), cost, effectiveness (I will not ask specific #s on exam), major benefits/concerns, if it offers STI protection, if it offered OTC: condoms (male, female), jellies/creams/foams, diaphragm, cervical cap (Fem cap), Today sponge, oral contraceptives, skin patch (Ortho Evra), vaginal ring (Nuva Ring), Depo-Provera, Implanon, IUD (Para Gard, Mirena) (pages 170-179)

406. Emergency Contraception (what is it, when do you take, how does it work, what is the effectiveness, what are the 3 brands and mention IUD too) (page 180)

407. Very briefly discuss the 3 behavioral methods (withdrawal, abstinence, “outercourse”) (page 181)

408. Briefly discuss the 3 FAM

409. Briefly discuss the 4 types of female sterilization (page 182)

410. Briefly discuss vasectomy

411. If helpful review Choosing a Method of Contraception (no test questions) (pages 183-184)

412. What percentage of pregnancies are unintended in the US? (page 184)

413. Know about Roe vs Wade and what the options were prior

414. What % of abortions are performed in the first 9 weeks of pregnancy?

415. How are some states limiting access to abortions?

416. How is the federal government limiting access to abortions? (page 185)

417. Are the emotional risks the same, increased or decreased for woman having an abortion (as compared to those who choose to continue the pregnancy)?

418. What is the method used in 87% of abortions? Briefly describe (page 186)

419. Is a D&X common? What are the 2 reasons it would be performed?

420. Briefly describe medical abortion

**Pages 186-197**

Presented as a Power Point (no test questions)

**Pages 146-147 (Gay & Lesbian Partnerships, POV box), 151-153 (Your Sexual Identity)**

421. What are some of benefits citizens gain from marriage?

422. What is DOMA, when was it passed, by whom, what does it do?

423. What states have marriage equality as of 2011?

424. What has Obama instructed the Justice Department to do (well, not do)

425. Define sexual identity, intersexuality, gender identity, transgendered, transsexual, sexual orientation, and sexual prejudice (pages 151-153)