

CVS-Community

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Lecture 1

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Corrected By :

Mohammed
aldahamsha

1. Primary prevention of early stage of disease is called

answer . Secondary prevention

2. Which one of the followings considered as a Novel risk factors for CVD?

- a. Physical inactivity
- b. inflammatory markers (C-reactive protein)
- c. Cigarette smoking
- e. Hypertension
- d. Obesity

Answer: b

3. All the followings are Non-modifiable CVD risk factors EXCEPT?

- a. Diabetes mellitus
- b. Heredity or family history
- c. Age
- d. Ethnicity or race
- e. Gender

Answer : a

4. All of the following about conventional risk factors are true, except?

- a. Risk factor of great public health significance
- b. High prevalence in many populations
- c. Great independent impact on CVD risk
- d. Their control and treatment result in
- e. Low incidence

Answer : e

5. Increase homocysteine. Increase heart rate and blood pressure,, damage of blood

- a. carbon monoxide
- B. tar and nicotine
- C. dopamine

Answer: B

5. Novel risk factor for CVD

a. Excess homocysteine levels

6. What is incorrect about epidemiology of CVD?

a. Japanese people living in Japan have higher risk of CHD than Japanese people living in San Francisco

7. All of the following are unhealthy eating habits for CVD, except

a. Diet low in refined carbohydrates

Novel risk factor ? Increase homocysteine

Hypertension except :

- a. 46% of person
- b. American higher than African

answer:b

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lecture 2

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lecture 2

1. The target Ldl cholesterol level when jna risk factors measurements is

- a . <200
- b .160
- c. <130
- d. <100

answer: C. <130

2. ONE of the following is FAISE? Select one

- a. Daily intake of fresh fruit and vegetables in an adequate quantity
- b. Potassium intake should be at a level which will keep the sodium to potassium ratio close to 10
- c. Regular fish consumption (1 -2 servings per week) is protective
- d. refined carbohydrates are harmful
- e. Filtered coffee significantly lead to a decline in serum cholesterol

Answer: b

3 . Some of atherosclerosis risk factors are constitutional and therefore less

controllable), but others are acquired or related to modifiable behaviors One of the following is correct about atherosclerosis disease risk factors?

- a. Hypercholesterolemia alone is not sufficient to induce lesions.
- b. Smoking cessation reduces atherosclerosis risk.'
- c . Women after menopause are protective against atherosclerosis consequences
- d. Type A personality is associated with lower risks.
- e. Familial hypercholesterolemia is most important independent risk

Answer: b

4. The LDL goal in CVS

Answer 100

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lecture 3

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1. Increased heart rate and blood pressure, damage to blood vessels?

- A. Carbon monoxide
- B. Tar and nicotine
- C. Dopamine

Answer: b

2. Factors associated with increased prevalence of smoking among university students in Jordan?

- A. Male sex, higher income, lower academic attainment, and higher number of friends or family members who smoke
- B. Female sex, higher income, higher academic attainment, and higher number of friends or family members who smoke
- C. Male sex, lower income, lower academic attainment, and higher number of friends or family members who smoke
- D. Male sex, higher income, higher academic attainment, and higher number of friends or family members who smoke

Answer: a

3. The lasting or residual nicotine and other chemicals left on indoor surfaces after tobacco smoke has cleared?

- A. First-hand
- B. Second-hand
- C. Third-hand
- D. Side-stream
- E. Mainstream

Answer: c

4. Which of the following is incorrect about Smoking and CVD risk?

- a. Nicotine replaces oxygen

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5. A smoker gains almost 10 years of life expectancy when smoking cessation

at which age , select on

- a. 30
- b. 40
- c. 50
- d. 60
- e. 70

Answer:a

6. ONE is FALSE about smoking in Jordan? Select one:

- a. Jordan is among the countries with high smoking prevalence and medium consumption
- b. Male sex is associated with increased prevalence of smoking.
- c. Jordanian smokers smoke an average of 22-42 cigarettes per day per
- d. Jordan aims to reduce tobacco use by 30% by 2025
- e. 35% of University students in Jordan are smokers

Answer:c

7. One of the following about smoking in Jordan are false?

30_40 cigarettes per day per smoker

8. When do carbon monoxide levels return to normal after smoking cessation

a. After half a day of smoking cessation

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CHD in patient after 15 years of smoking cessation to person who never smoked is?

- A. the same
- B. highest
- C. lowest
- D. cant determine

answer: a

One of the following is true regarding the benefits of smoking cessation :

Answer : within 1 year, risk of coronary heart disease is half that of a person who smokes



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6. Nicotine gum in smoking cessation, how to use?

- A. the same like any gum
- B. faster than any gum
- C. chewed slowly not chewed like ordinary gum

Answer: C.
chewed slowly not chewed like ordinary gum

1. Why should we give bupropion at the same time of tobacco before cessation of smoking?

- A. To avoid withdrawal symptoms
- B. For better efficacy of cessation
- C. To reduce side effects
- D. To reach steady-state level

Answer: D.
To reach steady-state level

2. bupropion sustained release tablets should be initiated while the patient is still using tobacco because?

- A. to control withdrawal symptoms
- B. to relieve stress
- C. to achieve steady-state blood levels of bupropion.

Answer: C.
to achieve steady-state blood levels of bupropion.

The best combination therapy is?
Nicotine patch + lozenges (gum)

8 in fagerstrom scoring is :

- a. Low dependence
- b. Medium dependence
- c. High dependence

answer:b

The true about nicotine gum

Chewing slowly

