

## Chapter 3. Health Promotion

### Multiple Choice

*Identify the choice that best completes the statement or answers the question.*

- \_\_\_\_\_ 1. Which of the following is a primary prevention measure for a 76-year-old man newly diagnosed with a testosterone deficiency?
  - a. Calcium supplementation
  - b. Testicular self-examination
  - c. Bone density test
  - d. Digital rectal examination
  
- \_\_\_\_\_ 2. Which of the following is an example of secondary prevention in a 50-year-old woman?
  - a. Yearly mammogram
  - b. Low animal fat diet
  - c. Use of seat belt
  - d. Daily application of sunscreen
  
- \_\_\_\_\_ 3. Which of the following is an example of tertiary prevention in a patient with chronic renal failure?
  - a. Fluid restriction
  - b. Hemodialysis 4 days a week
  - c. High-protein diet
  - d. Maintenance of blood pressure at 120/80
  
- \_\_\_\_\_ 4. Immunizations are an example of which type of prevention?
  - a. Primary
  - b. Secondary
  - c. Tertiary

### True/False

*Indicate whether the statement is true or false.*

- \_\_\_\_\_ 1. Prevalence is the number of new cases of a particular disease.
- \_\_\_\_\_ 2. The number of cases of a particular disease for the past 5 years is an example of the incidence rate.
- \_\_\_\_\_ 3. “There are 1,185,000 cases of HIV/AIDS in the United States” is an example of the morbidity rate.
- \_\_\_\_\_ 4. *Endemic* is the term used when the presence of an event is constant.
- \_\_\_\_\_ 5. The “bird” flu of 2005 to 2006 is considered a sporadic outbreak.
- \_\_\_\_\_ 6. A pandemic affects many communities in a short period of time.

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### **Answer Section**

#### **MULTIPLE CHOICE**

- |           |        |
|-----------|--------|
| 1. ANS: A | PTS: 1 |
| 2. ANS: A | PTS: 1 |
| 3. ANS: B | PTS: 1 |
| 4. ANS: A | PTS: 1 |

#### **TRUE/FALSE**

- |           |        |
|-----------|--------|
| 1. ANS: F | PTS: 1 |
| 2. ANS: F | PTS: 1 |
| 3. ANS: T | PTS: 1 |
| 4. ANS: T | PTS: 1 |
| 5. ANS: F | PTS: 1 |
| 6. ANS: T | PTS: 1 |