

20 Personal health

- 1 Which of the following are not considered to be necessary components of a healthy diet?
sugar, salt, protein, butter, vitamins, alcohol, green vegetables
- 2 For which one of the following is there not strong evidence for the beneficial effects of exercise?
more efficient muscular contraction, improved stamina, prevention of heart attack, stronger muscles, avoidance of obesity, feeling of well-being
- 3 Which of the following diseases are not associated with smoking?
emphysema, hay fever, diabetes, lung cancer, bronchitis, stomach ulcers, bladder cancer, arterial disease, tuberculosis, coronary thrombosis
- 4 (a) Match the following descriptions to the terms (i) 'drug tolerance', (ii) 'drug dependence':
A - If the drug is not taken, there are physical withdrawal symptoms.
B - A steadily increasing dose of the drug is needed to achieve an acceptable effect.
(b) Which of these conditions is also known as 'addiction'?
- 5 Name two stimulant drugs and state the undesirable side-effects of each.
- 6 (a) What effect does alcohol have on reaction time?
(b) What other short-term effects does alcohol have?
(c) What long-term effects can result from an excessive alcohol intake?
- 7 If a woman thinks she is pregnant she should
(a) take no more than three standard alcoholic drinks per day
(b) take no more than one standard alcoholic drink per day
(c) take no more than five standard alcoholic drinks per week
(d) take no alcoholic drinks at all.
- 8 Put the following in order of their total alcohol content, starting with the strongest.
double whisky, 2 pints of cider, 3 glasses of wine, a glass of sherry, pint of beer
- 9 Which of the following is considered to be a relatively safe level of alcohol intake for
(a) men, (b) women, (c) pregnant women, (d) people about to drive?
0, 10, 20, 30, 40, 50 units of alcohol (standard drinks) per week
- 10 Drugs which relieve pain are calledA..... Readily available (i.e. non-prescription) examples of these drugs are BandC Morphine and codeine, drugs which relieve severe pain, are called D These drugs are prescribed with care because their use can lead to E and F
- 11 List four possible after-effects of solvent abuse (glue-sniffing).

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12 Classify the following under the headings 'Mental illness' and 'Mental handicap'.
Self-assessment questions 20/02
clinical depression, Down's syndrome, acute anxiety, claustrophobia, phenylketonuria

Personal health (continued)

13 Which component of the diet is thought to be largely responsible for causing tooth decay?

14 What is the connection between this substance, mouth bacteria and tooth decay?

15 Which one of the following is likely to be most effective in reducing dental decay?

- (a) Eating crisp food, e.g. apples, after meals.
- (b) Cutting down on sweets, biscuits etc. between meals.
- (c) Cleaning the teeth after meals and at night.
- (d) Using an antiseptic mouth wash.

16 What is plaque?

17 From which part of the teeth is it particularly important to remove plaque?

18 What gum conditions may result from a failure to remove plaque?