CVAC Final   2024   2nd Semester

UMESCHANDRA COLLEGE
BOTH MAIN AND EXTENDED CAMPUSES
Subject : Lifestyle Diseases and their Prevention (CVAC)
Theory Examination sem II
FULL MARKS-50

Countersigned on Verification

Time : 2 hour

Obtained Marks

NAME.. CU ROLL NO..........................

CU REGISTRATION NO............................. MOBILE NO..........................

MAIL ID.. COLLEGE ROLL NO...................

SECTION....................... ROOM NO.......................... DATE............................

Choose the correct option in the following questions and tick the right box with Black ball point pen. If any box is ticked by mistake, then fill up the box and put the tick mark in the right answer box.

Answer all the question. Each question contains 2 marks.

1. To prevent the development of a lifestyle disease, a person should
   A. Not smokes ☐
   B. Exercise ☐
   C. Have a low-fat diet ☐
   D. All the above ☐

2. Which of the following can help reduce the risk of dementia?
   A. High-calorie diet ☐
   B. Regular mental stimulation ☐
   C. Smoking ☐
   D. Excessive alcohol consumption ☐

3. Which lifestyle change is most effective in reducing the risk of hypertension?
   A. Increasing salt intake ☐
   B. Decreasing physical activity ☐
   C. Maintaining a healthy weight ☐
   D. Smoking more cigarettes ☐

4. **Meditation involves mindfulness...**
   A. Not true ☐
   B. True ☐
   C. Partially true ☐
   D. None of above ☐

5. **What is stress?**
   A. Balance ☐
   B. Hardship ☐
   C. Diversity ☐
   D. Fiction ☐

6. **Meditation acts as a:**
   A. Slow - acting reliever. ☐
   B. Fast - acting reliever. ☐
   C. Both A&B is correct ☐
   D. None of the above. ☐

7. **Which of the following is a form of cardiovascular disease?**
   A. Asthma ☐
   B. Diabetes ☐
   C. Heart failure ☐
   D. Cancer ☐

8. **NIMHANS stands for:**
   A. National Institute of Mental Health and Neuro Science ☐
   B. National Initiativefor Mental Health and Neuro Science ☐
   C. Both A & B ☐
   D. None of these. ☐

9. **Which of the following is the common symptom of a stroke?**
   A. Chest pain ☐
   B. Sudden confusion ☐
   C. Frequent Urination ☐
   D. Increased appetite ☐

10. **In bipolar disorder, which of the following symptoms can be seen?**
    A. Mood swing ☐
    B. Depression ☐
    C. Hypernets ☐
    D. All of these. ☐

11. **Which of the following is not Example of lifestyle diseases:**
    A. Heart Failure ☐
    B. Blood Pressure ☐

C. Diabetes

D. Fever

12. What is the medical term for high blood pressure?

  A. Hypotension

  B. Hypertension

  C. Hypoglycemia

  D. Hyperglycemia

13. The WHO recommends a salt intake

  A. <10g/day

  B. <5g/day

  C. <15g/day

  D. <20g/day

14. Diseases that spread from one person to another are called _____.

  A. Communicable diseases

  B. Degenerative diseases

  C. Non-communicable diseases

  D. None of the above

15. Which one of the following is a cause of hypoglycemia?

  A. High carbohydrate

  B. Hypertension

  C. Adequate carbohydrate

  D. Low carbohydrate

16. Range of Normal Blood sugar of an adult is

  A. < 60mg/dl -fasting, <160mg/dl -postprandial

  B. < 100mg/dl -fasting, <140mg/dl -postprandial

  C. >100mg/dl -fasting, >160mg/dl -postprandial

  D. >100mg/dl -fasting, <140mg/dl -postprandial

17. Normal Blood pressure of an adult is

  A. 120/80mm

  B. 140/90mm

  C. 80/100mm

  D. 100/80mm

18. Bhujangasana is used to cure

  A. Obesity

  B. Diabetes

  C. Knee pain

  D. Asthma

19. What role does sleep play in preventing lifestyle diseases?
   A. Sleep has no impact on lifestyle diseases ☐
   B. Adequate sleep helps regulate hormones and reduce stress ☐
   C. Lack of sleep increases physical strength ☐
   D. Excessive sleep causes lifestyle diseases ☐

20. Which of the following is a protective factor against osteoporosis?
   A. High soda consumption ☐
   B. Regular weight-bearing exercise ☐
   C. Smoking ☐
   D. High intake of processed foods ☐

21. What is a common long-term effect of untreated hypertension?
   A. Improved vision ☐
   B. Reduced cholesterol levels ☐
   C. Heart disease and stroke ☐
   D. Increased energy levels ☐

22. For a patient suffering from COPD, the 'C' stands for:
   A. Chronic ☐
   B. Cardiovascular ☐
   C. Cervical ☐
   D. Cardiac

23. The NPCDCS program in India focuses on the prevention and control of which of the following disease?
   A. Infectious diseases ☐
   B. Diabetes ☐
   C. Mental health disorders ☐
   D. Hearing impairments ☐

24. Which diet is recommended to help prevent heart disease?
   A. High in trans fats and sugars ☐
   B. Low in saturated fats and high in Fiber ☐
   C. High in red meats and processed foods ☐
   D. Low in fruits and vegetables ☐

25. Which of the following best exemplifies secondary prevention in the management of cardiovascular diseases?
   A. Reducing dietary sodium to prevent hypertension. ☐
   B. Administering statins to lower cholesterol in patients with established heart disease. ☐
   C. Educating the public on the benefits of regular exercise. ☐
   D. Implementing smoking cessation programs for adolescents. ☐