



قائمة الاسئلة

التغذية العلاجية الطبية (3) - المستوى الرابع - قسم تغذية علاجية - كلية الطب والعلوم الصحية - برامج العلوم الطبية التطبيقية - الفترة الثالثة - درجة ا

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- 1) In order to absorb non heme iron require:
  - 1)  A reducing agent
  - 2)  An oxidizing agent
  - 3)  Intrinsic factor
  - 4)  Iron transporter
- 2) The differential diagnosis of Iron deficiency anemia is depended on the following parameters except:
  - 1)  CBC
  - 2)  electrophoresis
  - 3)  biochemical analysis
  - 4)  bone marrow
- 3) Which statement is correct in heme synthesis inside the RBC cells?
  - 1)  succinyl CoA and alanine are the initial substrates for formation
  - 2)  iron is inserted into protoporphyrin at the beginning of heme synthesis
  - 3)  succinyl CoA and glycine are the initial substrates for formation
  - 4)  iron is synthesized along with heme synthesis
- 4) Iron deficiency anemia is caused by all the following factors except:
  - 1)  low iron intake
  - 2)  decreased iron utilization
  - 3)  GIT bleeding
  - 4)  low B12 vitamin intake
- 5) Recommended iron intake for postmenopausal and adult men is.
  - 1)  10mg
  - 2)  18mg
  - 3)  5mg
  - 4)  20mg
- 6) All the statement regarding Hemochromatosis (excess iron) is true except:
  - 1)  Its genetic hereditary or acquired
  - 2)  Intestinal absorbs too much iron
  - 3)  causes diabetes, arthritis, cirrhosis, heart failure
  - 4)  iron is not excreted in intestine
- 7) Who should NOT take iron supplement ?
  - 1)  frequent blood receivers
  - 2)  pregnant women
  - 3)  patients with chronic renal failure
  - 4)  frequent blood donors
- 8) Iron is absorbed into mucosal cells as:
  - 1)  heme Fe<sup>2+</sup>
  - 2)  non- heme Fe<sup>3+</sup>
  - 3)  Fe<sup>3+</sup> combines with apoferritin to form ferritin
  - 4)  Fe<sup>2+</sup> and Fe<sup>3+</sup>
- 9) The following factors increased iron absorption except:
  - 1)  HCL
  - 2)  ascorbic acid
  - 3)  vitamin c
  - 4)  phytic acid





- 10) The following molecules decreased iron absorption except:
- 1) - GIT disease
  - 2) - Ferric ion state
  - 3)  iron deficiency
  - 4) - decreased erythropoiesis
- 11) All the statement regarding Ferritin is false except:
- 1)  Ferritin contains about 23 % iron
  - 2) - increases when body's iron stores are low
  - 3) - decreases in inflammatory diseases
  - 4) - decreases in hemochromatosis
- 12) Iron deficiency is caused by all the following factors except:
- 1) - inadequate intake
  - 2) - impaired absorption
  - 3) - chronic blood loss
  - 4)  increased hemolysis and repeated blood transfusions
- 13) The heme is synthesized in the mitochondria and the cytosol of mature red blood cells in bone marrow
- 1) - True
  - 2)  False
- 14) All of the following are hormones of the anterior pituitary except:
- 1) - Human growth hormone (GH)
  - 2) - Follicle-stimulating hormone (FSH)
  - 3)  Parathyroid hormone (PTH)
  - 4) - Thyroid-stimulating hormone (TSH)
- 15) Radioactive iodine uptake (RAIU) by thyroid gland is increased in:
- 1)  Toxic goiter
  - 2) - Hypothyroidism
  - 3) - Hashimoto's thyroiditis
  - 4) - Cretinism
- 16) All the following may occur in generalized Myxoedema except:
- 1) - Cold intolerance
  - 2) - Low Basal metabolic rate (BMR)
  - 3)  Tachycardia
  - 4) - Dry and coarse skin
- 17) Epinephrine increases all of the following except:
- 1) - Glycogenolysis in muscles
  - 2) - Lipolysis in adipose tissue
  - 3)  Glycogenesis in liver
  - 4) - Glucagon secretion
- 18) Metabolic action of insulin is to increase:
- 1) - Hepatic glycogenolysis
  - 2)  Muscle glycogenesis
  - 3) - Hepatic gluconeogenesis
  - 4) - Lipolysis in adipose tissue
- 19) The main effecting of glucagon is to increase:
- 1) - Glycolysis in muscles
  - 2) - Glycogenolysis in muscles
  - 3)  Glycogenolysis in liver
  - 4) - Glycogenesis in liver
- 20) A substance which competes with iodide uptake mechanism by thyroid gland is





- 1) - Sodium
  - 2) - Thyroglobulin
  - 3)  Perchlorate (ClO<sub>4</sub><sup>-</sup>)
  - 4) - Levothyroxine
- 21) The endocrine gland responsible for the body's circadian rhythm is the
- 1) - Thymus gland
  - 2)  Pineal gland
  - 3) - Parathyroid gland
  - 4) - Pituitary gland
- 22) The best therapeutic diet for patients with overt hyperthyroidism is
- 1) - DASH diet
  - 2) - Bland diet
  - 3)  High calories diet
  - 4) - low calories diet
- 23) Thyroid hormone synthesis requires the following molecules in thyroid follicular cells except:
- 1) - Iodine
  - 2) - Thyroglobulin
  - 3) - Thyroid Peroxidase (TPO)
  - 4)  Globulin
- 24) The major goal of MNT plan for hypothyroidism patients is to prevent malnutrition
- 1) - True.
  - 2)  False .
- 25) Thyroid hormones (T3 and T4) affects every cell and all the organs by slowing down and speeding up energy rate.
- 1)  True.
  - 2) - False .
- 26) Who should take iodine supplements ?
- 1) - pregnant women
  - 2) - people who don't use iodised salt
  - 3) - breastfeeding women
  - 4)  all of these
- 27) Iodine deficiency is the most common cause of hypothyroidism
- 1)  True.
  - 2) - False .
- 28) Which mineral is essential for iodine uptake by thyroid cells membrane
- 1) - calcium
  - 2) - chlorine
  - 3) - potassium
  - 4)  sodium
- 29) The most common secondary cause of hypocalcemia is
- 1) - hyperthyroidism
  - 2) - hyperparathyroidism
  - 3)  hypoparathyroidism
  - 4) - euthyroidism
- 30) Which of the following is noted in Cushing's syndrome?
- 1) - Decreased production of epinephrine
  - 2) - Excessive production of epinephrine
  - 3) - Little production of cortisol
  - 4)  Excessive production of cortisol





- 31) A 54 year old housewife with minimal symptoms of hypothyroidism. TFTs shows elevated serum TSH and normal serum levels of free thyroxine (T4). The most likely type of hypothyroidism is:
- 1) - Primary hypothyroidism
  - 2) - Secondary hypothyroidism
  - 3) - Tertiary Hypothyroidism
  - 4)  Subclinical hypothyroidism
- 32) Elevated erythrocyte sedimentation rate (ESR), elevated thyroglobulin level, normal TFTs and depressed radioactive iodine uptake (RAIU) confirm the diagnosis of:
- 1)  thyroiditis
  - 2) - Thyroid adenoma
  - 3) - Graves' disease
  - 4) - Toxic goiter
- 33) Which of these hormones is made by the posterior pituitary?
- 1) - FSH
  - 2) - LH
  - 3) - ACTH
  - 4)  ADH
- 34) The best therapeutic diet for Addison's disease is
- 1)  low potassium diet
  - 2) - low sodium diet
  - 3) - low sugar diet
  - 4) - high potassium diet
- 35) Gouty arthritis is more common in the following cases except :
- 1) - Obese people
  - 2)  pre-menopausal women
  - 3) - hypertensive patients
  - 4) - excessive ethanol ingestion
- 36) The best diagnostic test to confirm gouty arthritis is :
- 1) - hyperuricemia
  - 2) - uricosuria
  - 3) - elevated ESR and WBCs
  - 4)  MSU crystals in a tophus
- 37) Normal production with underexcretion of uric acid is likely associated with:
- 1) - Leukemia
  - 2)  Chronic renal disease
  - 3) - Lesch Nyhan syndrome
  - 4) - High purine intake
- 38) High fat intake can increase uric acid production and over-excretion
- 1) - True .
  - 2)  False .
- 39) What is wrong in nutritional therapy of acute gouty arthritis
- 1) - all types of meat should be avoid
  - 2) - all types of organ meats should be avoid
  - 3)  all types of protein should be avoid
  - 4) - fat intake should be avoid
- 40) Low purine food is:
- 1) - honey
  - 2) - broth
  - 3) - fish





- 4)  dairy products
- 41) Tumour that come from glandular tissue is called
- 1)  carcinoma
  - 2)  adenoma
  - 3)  sarcoma
  - 4)  adenocarcinoma
- 42) The hetrocyclic amines produced during the cooking of beans are carcinognic
- 1)  True .
  - 2)  False .
- 43) Heavy consumption of ..... is a risk factor for several cancers
- 1)  vegetables
  - 2)  fruits
  - 3)  fish
  - 4)  red meat
- 44) Food produces harmful carbon compounds which have a strong cancerous effect.
- 1)  charcoal meat
  - 2)  smoked meat
  - 3)  processed meat
  - 4)  All of these
- 45) Not carcinogenic food
- 1)  mouldy food
  - 2)  spoiled food
  - 3)  protein food
  - 4)  fermented food
- 46) Dietary componenet is not tumour promoter
- 1)  excess fat
  - 2)  excess calories
  - 3)  excess Omega 6 EFA
  - 4)  excess nutraceuticals
- 47) Oxidative stress- can act as cancer initiator and promoter via
- 1)  decreases apoptosis and promotes cancer cell proliferation
  - 2)  DNA damage
  - 3)  potent growth factor for many cancer lines
  - 4)  All of these are correct
- 48) Malnurtion in cancer patients is attributed to
- 1)  CNS low appetite signalse
  - 2)  CNS anorexia signals
  - 3)  systemic inflammation
  - 4)  All of the above
- 49) Which hormone is not associated with tumourogenesis
- 1)  insulin
  - 2)  estrogen
  - 3)  IGF-1
  - 4)  adiponectine
- 50) Which following step is correct in pathophysiology of cancer
- 1)  activation of tumor suppressor genes
  - 2)  activation of apoptotic genes
  - 3)  inactivation of growth oncogenes
  - 4)  inactivation of DNA repair system

