



قائمة الاسئلة 2025-05-14 04:31

التغذية العلاجية الطبية (3) - الاربعة تغذية علاجية - برامج العلوم الصحية - درجة الامتحان (70)

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- 1) The most common morphological changes of RBCs caused by nutritional deficiency effect include the following indices except:
 - 1) - RBCs number
 - 2) - RBCs size
 - 3) - RBCs Hematocrit
 - 4) ☒ RBCs Hb polypeptide chains
- 2) The gold standered test to confirm Iron deficiency anemia diagnosis is:
 - 1) - CBC analysis
 - 2) - blood film report
 - 3) ☒ biochemical analysis
 - 4) - bone marrow aspiration
- 3) Level of dropping in blood sugar level after insulin therapy usually depends on:
 - 1) - Blood glucose level
 - 2) - Fat intake
 - 3) ☒ Individual insulin sensitivity
 - 4) - Carbohydrate intake
- 4) (MCV high, MCH high, hematocrit low, iron binding capacity normal, transferrin normal, ferritin normal, macrocytic/hypochromic), anisocytosis (variation in RBC size), and poikilocytosis (variation in RBC shape).this hematological picture is consistent with:
 - 1) ☒ Megaloblastic anemia
 - 2) - sickle cell anemia
 - 3) - Iron deficiency anemia
 - 4) - Thalassemia
- 5) A 65 y.o male has desided to be on vegan dieting system over the past 15 months. Which of the following nutritional anemia is he at risk for?
 - 1) - aplastic anemai
 - 2) - iron deficinecy anemia
 - 3) ☒ megaloplastic anemia
 - 4) - Pernicious anemia
- 6) Successful goal of MNT for Diabetes Management
 - 1) - HBA1c < 7%
 - 2) - Pre-prandial BG 70-130 mg./dl
 - 3) - Post-prandial BG < 180 mg/dl
 - 4) ☒ All of these
- 7) Who should take iron supplement ?
 - 1) - frequent blood recievers
 - 2) - patients with heredity blood diseases
 - 3) - patients with thalassemia
 - 4) ☒ patients with hyperthyrodism
- 8) Nutritive sweetener is:
 - 1) - Sucralose
 - 2) - Saccharine
 - 3) - Aspartame
 - 4) ☒ Sorbitol
- 9) The following factors increased iron absorption except:





- 1) ☒ decreased erythropoiesis
 - 2) ☐ hemochromatosis
 - 3) ☐ increased erythropoiesis
 - 4) ☐ iron deficiency
- 10) Effective MNT in diabetic patients reduces HbA1c by 1-2% and LDL-C by 15-20 mg/dl
- 1) ☒ True
 - 2) ☐ False
- 11) All the statement regarding Ferritin is true except:
- 1) ☐ ferritin contains about 23 % iron
 - 2) ☐ decreases in iron deficiency anemia
 - 3) ☒ decreases in gouty arthritis
 - 4) ☐ decreases in colon cancer
- 12) A level of 70 mg/dL in type 1 diabetic patients may initially require the following treatment except:
- 1) ☐ One tbsp honey or sugar
 - 2) ☐ change in insulin dosage
 - 3) ☒ glucagon injection
 - 4) ☐ deferral of exercise
- 13) DKA condition can be treated by consuming:
- 1) ☐ Large amount of fluids
 - 2) ☐ CHO serving ingestion every 3-4 hours
 - 3) ☐ Adequate insulin injection
 - 4) ☒ All of these
- 14) A patient has hypothyroidism due to a primary abnormality in the thyroid gland. Increased plasma levels of which of the following would most likely be reported?
- 1) ☒ Cholesterol
 - 2) ☐ Thyroxine-binding globulin
 - 3) ☐ Mucopolysaccharide
 - 4) ☐ Calcium
- 15) Radioactive iodine uptake (RAIU) by thyroid gland is decreased in:
- 1) ☐ Graves disease
 - 2) ☐ Hyperthyroidism
 - 3) ☒ Cretinism
 - 4) ☐ Toxic adenoma
- 16) All the following may occur in generalized Myxoedema except:
- 1) ☐ Cold intolerance
 - 2) ☒ High BMR
 - 3) ☐ Bradycardia
 - 4) ☐ Low BMR
- 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_4^-)
 - 4) - Levothyroxine
- 21) Which of the following findings would firstly be noticed in a patient with a deficiency in iodine intake?
- 1) - Plasma levels of TSH decrease
 - 2) - Goiter signs
 - 3) - Increased synthesis of thyroid hormones
 - 4) + Increased synthesis of thyroglobulin
- 22) The best diet for a person with hypothyroidism:
- 1) - DASH diet
 - 2) - lacto-vegetarian diet
 - 3) + Mediterranean diet
 - 4) - High protein diet
- 23) Final step of thyroid hormone synthesis requires the following molecules in thyroid follicular cells except:
- 1) - Iodine
 - 2) - Thyroglobulin
 - 3) - Thyroid Peroxidase (TPO)
 - 4) + Iodide
- 24) Which of the following is inconsistent with the diagnosis of Graves' disease?
- 1) - Increased anorexia
 - 2) - Exophthalmos
 - 3) - Increased plasma levels of triiodothyronine (T_3)
 - 4) + Increased plasma levels of thyroid-stimulating hormone
- 25) Which of the following hormone plays a vital role in the regulation of a non-endocrine target gland?
- 1) - Melatonin
 - 2) - GH
 - 3) + Prolactin
 - 4) - Dopamine
- 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) A patient has a goiter associated with high plasma levels of thyrotropin-releasing hormone (TRH) and thyroid-stimulating hormone (TSH). Her heart rate is depressed. This patient most likely has which of the following?
- 1) + Endemic goiter
 - 2) - Hypothalamic tumor secreting large amounts of TRH
 - 3) - Pituitary tumor secreting large amounts of TSH
 - 4) - Tertiary Hypothyroidism



- 28) All individuals at risk of diabetes progression should receive MNT
- 1) ☒ True
 - 2) ☐ False
- 29) What is wrong in meal planning that focuses on CHO counting:
- 1) ☐ Most appropriate for Type1 DM patients
 - 2) ☒ Most appropriate for prediabetes patients
 - 3) ☐ One carbohydrate serving = 15 grams
 - 4) ☐ Must still address energy needs and composition of overall diet
- 30) The following hormone pairs are examples of neuroendocrine communication Except:
- 1) ☒ Norepinephrine—corticotropin-releasing hormone secretion
 - 2) ☐ Corticotropin-releasing hormone—adrenocorticotrophic hormone secretion
 - 3) ☐ Dopamine—prolactin secretion
 - 4) ☐ Somatostatin—growth hormone secretion
- 31) A 54 year old housewife. TFTs shows low plasma TSH and normal serum levels of free thyroxine (T4). The most likely type thyroid disorder is:
- 1) ☒ Hyperthyroidism
 - 2) ☐ Primary hypothyroidism
 - 3) ☐ Secondary /tertiary hypothyroidism
 - 4) ☐ Subclinical hypothyroidism
- 32) One statement is untrue regarding Hashimoto's Thyroiditis disease:
- 1) ☐ Antioxidant rich food is often the recommended ideal diet
 - 2) ☐ Its Autoimmune thyroid disease
 - 3) ☐ Its among the causes of either hypothyroidism or hyperthyroidism
 - 4) ☒ nothing untrue
- 33) Which of these hormones is made by the posterior pituitary?
- 1) ☐ FSH
 - 2) ☐ ADH
 - 3) ☐ CRH
 - 4) ☒ None of the above
- 34) The appropriate therapeutic diet for Addison's disease is
- 1) ☒ low potassium diet
 - 2) ☐ low sodium diet
 - 3) ☐ low sugar diet
 - 4) ☐ All of the above
- 35) Gouty arthritis is not common in the following condition :
- 1) ☐ middle age
 - 2) ☒ younger age
 - 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 avoided
 - 2) - all types of organ meats should be avoided
 - 3) ☒ all types of protein should be avoided
 - 4) - all types of fish should be avoided
- 40) Low purine food is:
- 1) - honey
 - 2) - broth
 - 3) - fish
 - 4) ☒ dairy products
- 41) Tumour that comes from bone tissue is called
- 1) - carcinoma
 - 2) - adenoma
 - 3) ☒ sarcoma
 - 4) - adenocarcinoma
- 42) The heterocyclic amines produced during the cooking of beans are carcinogenic
- 1) - True
 - 2) ☒ False
- 43) Identify the incorrect statement regarding physiological action of glucocorticoid cortisol in human body
- 1) - cortisol can boost your immunity by limiting inflammation
 - 2) - acts to increase the plasma levels of glucose, amino acids and fatty acids
 - 3) - increases during stress
 - 4) ☒ can lead to inflammation and a weakened immune system
- 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 component is not tumour promoter
- 1) - excess fat
 - 2) - excess calories
 - 3) - excess Omega 6 EFA
 - 4) ☒ excess phytochemicals
- 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) Malnutrition in cancer patients is attributed to
- 1) - CNS low appetite signals
 - 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) + ANF
- 50) Which following step is correct in pathophysiology of cancer
- 1) - activation of tumor suppresor genes
2) - activation of apoptotic genes
3) - inactivation of growth oncogenes
4) + inactivation of DNA repair system

