

CHAPTER ONE: INTRODUCTORY, SUMMARY, AND CONCLUSIONS

1. The Advisory Committee concluded that cigarette smoking is associated with ——— higher all-cause mortality rates among men.
A 70% B 35% C 12% D 54%
2. Although cigarette smoking has declined significantly since ———, very large disparities in tobacco use remain across various groups.
A 1988 B 2001 C 1964 D 1977
3. The evidence (from this report) is sufficient to infer a causal relationship between smoking and hepatocellular carcinoma.
A True B False

CHAPTER TWO: FIFTY YEARS OF CHANGE – 1964 - 2014

4. Today, the prevalence of smoking among U.S. adults is about:
A 12% B 20% C 33% D 5%
5. In 1929, Surgeon General Hugh S. ——— warned about the hazards of tobacco.
A Koop B Hamilton C Wilson D Cumming
6. By 1970 there was a US \$—— million a year industry of for-profit smoking cessation programs.
A 50 B 14 C 3 D 38
7. At a 1994 hearing, ——— tobacco company CEOs insisted that they believed nicotine was not addictive and not a cause of disease.
A three B seven C four D five

CHAPTER THREE: PRODUCING THE SURGEON GENERALS'S REPORT . . .

8. In ——— U.S. Surgeon General Luther L. Terry appointed a committee to submit a report over the current data on smoking and health.
A 1964 B 1972 C 1988 D 1954
9. Throughout the report, evidence on disease ——— for each specific disease is synthesized, and a judgment on causation is made.
A history B prevalence C acuity D causation
10. The ——— for Smoking and Health prepared the initial series of reports (1967–1976) which followed the 1964 Surgeon General's report.
A National Center B National Institute C National Clearinghouse D National Convention

CHAPTER FOUR: ADVANCES IN KNOWLEDGE OF THE HEALTH . . .

11. Numerous risk factors were identified and classified by the ——— Burden of Disease project into groups, including air pollution, etc.
A Human B Global C Societal D National
12. The list of cancers causally linked to active smoking lengthened with the 2004 report, which added cervical cancer and ———.
A pancreatic B stomach C colorectal D acute myeloid leukemia
13. This report concludes that evidence is sufficient to identify mechanisms by which cigarette smoking may cause breast cancer.
A True B False
14. This report concludes that evidence shows that the decline of squamous carcinoma follows the trend of declining smoking prevalence.
A True B False
15. The ——— Surgeon General's report notes that evidence is sufficient to infer a causal relationship between smoking and stroke.
A 1997 B 2001 C 2004 D 2007

32. Primary liver cancer, the great majority of which is ——— carcinoma (HCC), generally presents at an advanced stage.
A hepatocellular B hepatoconcurrent C hepatocumulative D hepatocorrelated
33. Since the 2004 report, ——— have been published or identified that report on the association between smoking and liver cancer.
A 20 additional studies B 90 additional studies C 50 additional studies D 60 additional studies
34. Data combined from 26 studies indicated a ———% increased risk of HCC from ever smoking.
A 40 B 25 C 55 D 12
35. Colorectal cancer—that is, cancer of the colon or rectum—is the ——— most common type of cancer in the United States.
A second B third C fourth D fifth
36. Evidence suggests that smoking acts in the ——— stages of carcinogenesis.
A middle B middle and late C early D late
37. In 2013, 238,590 American men were expected to be diagnosed with prostate cancer and ——— were expected to die from this disease.
A 29,720 B 11,520 C 22,600 D 5,4740
38. ——— cancer is the most frequently diagnosed type of cancer, other than nonmelanoma skin cancers.
A Pancreatic B Breast C Prostate D Colon
39. The available evidence supports biologically plausible mechanisms by which exposure to tobacco smoke could cause breast cancer.
A True B False
40. A Women’s Health Initiative report provided results suggesting that the risk of breast cancer is greater in ——— women who smoke.
A African American B obese C nonobese D Caucasian
41. Among women with 20 or more years of smoking, significant increased risks were reported for smoking at least ——— cigarettes per day.
A 15 B 5 C 3 D 10
42. Most studies indicate that only about ———% of never smokers report no passive exposure.
A 10-20 B 30-35 C 22-25 D 40-45
43. Results suggest that active smoking of long duration (20 or more years) increases risk for breast cancer by a significant average of:
A 10% B 8% C 15% D 5%
44. Women who smoke—primarily current, heavy smokers—experience menopause at an earlier age than those who do not smoke.
A True B False
45. Women who smoke—primarily current, heavy smokers—have *no* higher risk for osteoporosis than those who do not smoke.
A True B False
46. ERs and ——— (PRs) mediate the effects of estrogen and progesterone on the growth, proliferation, and differentiation of breast tumors.
A pineal receptors B phosphorous receptors C potassium receptors D progesterone receptors
47. An estimated ———% of all diagnosed breast cancer is inherited.
A 15-18 B 30-40 C 5-10 D 20-25

48. There is an increased risk of about ———% in women who have the NAT2 slow acetylation phenotype who smoke.
 A 40–50 B 30-35 C 10-15 D 5-10
49. The ——— Surgeon General’s report was the first to offer a conclusion on passive smoking and cancer.
 A 1986 B 1974 C 1987 D 1983
50. The ——— covered 21 studies, identified through 2005, on the health consequences of involuntary exposure to tobacco smoke.
 A 1996 Surg. General’s report B 2006 Surg. General’s report C 2012 Surg. General’s report D 1983 Surg. General’s report
51. Smoking could influence breast cancer mortality through effects on incidence, survival, or both.
 A True B False

52. Cigarette smoking causes ——— inflammation and oxidative stress and has widespread and complex effects on immune function.
 A only pulmonary B systemic C solely lymphatic D only peripheral

CHAPTER SEVEN: RESPIRATORY DISEASES

53. Cigarette smoking is the most important of the causes of ——— in the United States.
 A chronic joint pain B chronic weight gain C chronic blood disorders D chronic bronchitis
54. In 2010, ——— deaths were attributed to COPD.
 A 133,575 B 94,556 C 81,668 D 12,198
55. Severe AAT deficiency is found in approximately 1 in ——— Americans.
 A 2,000 B 3,000 C 300 D 200
56. NE (——— elastase) is a potent elastase capable of causing experimental emphysema.
 A neutrophil B nitro- C normalized D neutral
57. Cigarette smoke alters the macrophage phenotype via oxidant-induced inactivation of histone deacetylase:-
 A 4 B 1 C 3 D 2
58. Smoking causes ——— elements of the COPD phenotype, including emphysema and damage to the airways of the lung.
 A almost half of all the B all C most D 2
59. Asthma is one of the most common chronic respiratory diseases, affecting approximately ———% of the U.S. population.
 A 1-3 B 12-15 C 5–10 D 4

CHAPTER EIGHT: CARDIOVASCULAR DISEASES

60. From 1968–2010, the age-adjusted death rate for CVD declined by 69.0%, while the rate of death from all causes declined:
 A 62.0 B 55.9 C 42.7 D 31.4
61. ——— heart disease (IHD) is a heart problem caused by heart arteries that are narrowed.
 A latrogenic B Ischemic C Idiopathic D Interstitial
62. Cigarette smoke delivers polycyclic aromatic hydrocarbons, including benzo[a]pyrene, which are ligands for the ——— (AhR).
 A aryl hydrocarbon receptor B ablate hydrocarbon receptor C abrin hydrocarbon receptor D acid hydrocarbon receptor
63. Flow——— dilation (FMD is the dilation of blood vessels in response to increased blood flow).
 A mediated B macular C medial D myeloid

64. Characterizing the risk of CHD caused by smoking, the effect of smoking is expressed as either the ——— (RR) or the excess risk.
 A repetitive risk B reverse risk C related risk D relative risk
65. Cigarette smoking and diabetes are well established as major risk factors for PAD (———).
 A plaque arterial disease B peripheral abscess disease C peripheral arterial disease D peripheral afferent disease

CHAPTER NINE: REPRODUCTIVE OUTCOMES

66. In ———, smoking status during pregnancy was added to the U.S. Standard Certificate of Live Birth.
 A 1995 B 2001 C 2005 D 1989
67. Infants of smokers are more likely than those of nonsmokers to be born weighing less than ——— g.
 A 2,500 B 3,000 C 2,000 D 3,200
68. The ——— found the evidence sufficient to infer a causal relationship between smoking and a reduced risk of preeclampsia.
 A 2010 Surg. General's report B 2012 Surg. General's report C 2004 Surg. General's report D 1974 Surg. General's report
69. Tobacco smoke includes about ——— different compounds, many of which could have deleterious effects on a fetus.
 A 5,000 B 7,000 C 3,000 D 12,000
70. Three studies in ——— reported positive associations between maternal exposure to secondhand tobacco smoke and orofacial clefts.
 A the US B Finland C China D Norway
71. A 2008 review concluded that the association between prenatal nicotine exposure and anxiogenic behavior is strong in:
 A rats B mice C monkeys D hamsters
72. Cigarette smoking has been linked to ED in several clinical reports, most of which would qualify as observational case series.
 A True B False

CHAPTER TEN: OTHER SPECIFIC OUTCOMES

73. ——— macular degeneration (AMD) is the leading cause of blindness for persons 65 years of age and older in the United States.
 A Anterior B Afferent C Allogeneic D Age-related
74. The macula is a particularly attractive target for oxidative stress because of its high exposure to light, high metabolic rate, and high:
 A amino acid concentrations B fatty acid concentrations C histidine concentrations D threonine concentrations
75. Dental caries is a multifactorial disease marked by the localized destruction of susceptible hard tissues by acidic byproducts from:
 A enzyme fermentation B protein fermentation C bacterial fermentation D viral fermentation
76. ——— is a direct structural connection at the light microscopic level between bone and the surface of the implant.
 A Osteogenesis imperfect B Osteomalacia C Osseointegration D Osteopetroses
77. According to CDC (2011), ——— million Americans, or 8.3% of the population, had diabetes in 2010.
 A 12.9 B 25.8 C 22.1 D 18.4
78. Smoking is associated with a ———% increased risk of developing type 2 diabetes.
 A 15 B 20-25 C 27 D 30-40
79. Cigarette smoke is a damaging and proinflammatory complex mixture that can directly suppress innate and adaptive immune processes.
 A True B False

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10		34		58		82		106	
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15		39		63		87		111	
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18		42		66		90		114	
19		43		67		91		115	
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