

### Quiz #5: Chapter #12/CVD & Cancer

**TRUE/FALSE** Directions: Read each question or statement thoroughly. You must **CLEARLY** write “T” or “F” in boxes on left.

	1. Veins return “used” blood to the heart.
	2. Arteries carry “new” blood away from the heart.
	3. Capillaries are the largest arteries in the body.
	4. High blood pressure is unhealthy for the heart, but the increased pressure will not affect the elasticity, or harden, or scar the arteries.
	5. Triglycerides are “blood fats” that when found in high levels can be a predictor of heart disease.

	6. Cardiovascular Disease (CVD) kills more men than women.
	7. Lung cancer is the most common form of cancer in the U.S.
	8. All women over 20 should examine their own breast every month.
	9. Skin cancer cannot be detected by just “looking at” asymmetry, border irregularity, color, and diameter because it can only be detected by a laboratory skin test.
	10. While diet is important for preventing heart disease and diabetes, it is not a major factor in prevention of cancer.

**MATCHING** Directions: Match the correct term letter to the “bumper sticker” definition by writing the letter in the box.

	11. Malignant Tumor
	12. Benign Tumor
	13. Melanoma
	14. Carcinogen
	15. Cancer

- A) “abnormal, uncontrolled cellular growth”
- B) “tumor that is not cancerous”
- C) “tumor that is cancerous and capable of spreading”
- D) “substance that causes cancer”
- E) “most serious type of skin cancer”

**FILL IN** Directions: Read each question or statement thoroughly. Fill in the specific answer.

16. When the heart contracts and increases blood pressure (top number) it is called _____.
17. When the heart relaxes and decreases blood pressure (bottom number) it is called _____.
18. Optimal blood pressure is about _____ mm Hg.
19. Men should exam their testicles for lumps or abnormal growths once per _____.
20. Melanoma skin cancer usually appears at the site of a preexisting _____.

**Extra Credit!** ☺ Self-monitoring is the first line of defense against cancer. The American Cancer Society recommends that you watch for the seven major warning signs, which you can remember with the acronym **CAUTION**. *What do these seven letters represent?*

**C**= \_\_\_\_\_

**A**= \_\_\_\_\_

**U**= \_\_\_\_\_

**T**= \_\_\_\_\_

**I**= \_\_\_\_\_

**O**= \_\_\_\_\_

**N**= \_\_\_\_\_