Review Sheet for Exam 4

Chapter 10

1. What is the mind-body connection?
   a. What role does the brain and immune system play in response to stress
2. Be able to define stress, stressors, eustress, and distress and give an example of each
3. Briefly explain the three stages of GAS
4. How do individuals with different styles perceive life?
   a. Optimistic versus pessimistic
   b. Level of self esteem or having a fighting spirit
5. Where does stress come from? Can it be avoided?
6. Explain A, B, C personality types
   a. Explain which is ideal and how you might change type A
7. Explain how to manage time properly
8. Since the stress response is the same for all stressors, then how does coping with stress turn it into a positive experience?
9. Review the techniques for coping with stress discussed in class
   a. Which is best?

Chapter 11

1. What are the risk factors for CHD?
   a. Understand how each risk factor increases one’s chance for having a heart attack.
2. Explain what HDL, LDL, and VLDL do and what are normal levels.
   a. Why are they produced and what increases production?
3. How is high cholesterol treated?
4. How are triglycerides good? When can they be bad?
5. Distinguish between Type I and Type II diabetes
   a. Explain Glycemic Index in terms of what certain foods do to blood glucose levels.
6. Define levels of hypertension and what creates it
   a. How can it be lowered?
7. What are the AHA diet and lifestyle goals for CV risk reduction?
8. Define cancer and understand how it starts and spreads
   a. Knows terms such as benign, malignant, oncogenes, angiogenesis, metastasis
9. Know the guidelines for preventing cancer
   b. Health education
   c. What dietary changes are necessary (also look at the tips on page 424)
   d. Tobacco – What is being done to reduce its use?
   e. How does sun exposure “factor” in?
   f. Does physical activity reduce cancer incidence? How?
10. What are common warning signs?
11. Review the lifestyle factors that decrease cancer on page 427
12. Review the section on Alcohol and Illegal Drugs. Be able to explain the harmful effects each have on health.
13. What are STIs, how are they spread, and how can they be controlled or prevented?
   a. What practice increases the potential spread of STIs?
   b. What are the methods of reducing the risk for an STI?
14. How can you recognize quackery and fraud among all the health promotions that are out there?
15. Review the Healthy Lifestyle Guidelines on page 435

In addition, questions from the presentations may appear on the exam. They will be basic in nature and pertain to the main topic of the presentation given.