

## Q&A for the Final test Intro Med 2023

### 1. Whilst diagnosing disease – what is the right order to start with?

Gathering a patient's medical history, followed by a physical examination, conducting diagnostic tests, and then formulating a diagnosis based on the collected information.

### 2. Why is laryngitis and edema of the larynx so dangerous?

Causes airway obstruction, causing difficulty in breathing and potentially compromising the oxygen supply to the body.

### 3. Signs of respiratory insufficiency

Shortness of breath, rapid breathing, wheezing, bluish skin discoloration (cyanosis), and decreased oxygen levels in the blood.

### 4. People with coeliac disease are allowed to eat 4 cereals-grains

Rice, corn, quinoa, and oats (if labeled gluten-free and uncontaminated).

### 5. Can coeliac disease be *completely* cured today?

No complete cure for coeliac disease. However, adhering strictly to a gluten-free diet can effectively manage the condition.

### 6. Symptoms of coeliac disease in adults may include a variety of non – specific symptoms

Symptoms of coeliac disease in adults can manifest as varied and non-specific, including digestive issues, fatigue, anemia, joint pain, skin rashes.

Other non commonly recognisable symptoms: depression, anxiety and amenorea (menstrual irregularities).

### 7. The *main* risk factor for peptic ulcers of the stomach & small intestine is

The infection with the bacterium *Helicobacter pylori*

### 8. Where is the appendix (*appendix vermiformis*) located in most people?

Located in the lower right quadrant of the abdomen

### 9. Appendicitis – location(the place) of pain may vary from person to person. What is the *main reason* for this?

The location of pain in appendicitis varying from person to person can be attributed to the inflammation and irritation of the appendix affecting nearby nerves, leading to referred pain to different areas of the abdomen.

### 10. Myocardial infarction (MI) – which *one* is *not true*? To know different symptoms of MI

Myocardial infarction (MI) can present with various symptoms, but one untrue statement could be that MI always causes severe, sharp pain. In reality, some individuals may experience atypical or silent MI without noticeable pain.

### 11. Stenocardia(*stable form*) – what is *not correct*?(*one*) (To know forms of Stenocardia)

In the stable form of angina (Stenocardia), an incorrect statement might be that it occurs during physical exertion but improves with rest.

### 12. The *typical* clinical presentation of Myocardial infarction(MI) includes

The typical clinical presentation of myocardial infarction includes chest pain or discomfort, shortness of breath, sweating, nausea, and pain or discomfort in other areas of the upper body.

**13. Criteria that is used for distinguishing between stable stenocardia and unstable stenocardia (*one*)**

One criterion used to distinguish between stable and unstable angina is the pattern of occurrence and duration of chest pain or discomfort.

**14. The symptoms of stroke are *most* dependent on (*one*)**

The symptoms of stroke are most dependent on the area of the brain affected by the lack of blood flow, leading to neurological deficits such as paralysis, slurred speech, vision problems, and cognitive impairment.

**15. Ischemic stroke – most commonly caused by(*one*) (to know forms of stroke)**

Ischemic stroke, the most common form, is often caused by a blood clot obstructing an artery supplying blood to the brain.

**16. Hemorrhagic stroke *most commonly* (50%) caused by**

Hemorrhagic stroke is most commonly caused by the rupture of a weakened blood vessel in the brain, leading to bleeding into the surrounding tissues.

**17. Stroke – what is the ideal time limit for the stroke patient to be brought to the hospital**

Ideally, a stroke patient should be brought to the hospital as soon as possible after the onset of symptoms, within the first few hours, to receive appropriate treatment.

**18. Stroke – time-window for *successful treatment* of the patient provided by a *specific stroke unit* is?**

The time-window for successful treatment of a stroke patient provided by a specific stroke unit can vary but often involves treatment within the first few hours after the onset of symptoms.

**19. Which place among main causes of death belongs to cardiovascular diseases in the industrial countries**

Cardiovascular diseases hold a prominent position among the main causes of death in industrial countries.

**20. Can MI occur without pain?**

Yes, myocardial infarction can occur without the classic symptom of chest pain in industrial countries.

**21. Why can MI be mixed up with stroke?**

MI can be mistaken for stroke due to overlapping symptoms like sudden weakness, confusion and difficulty speaking.

**22. Which symptoms may overlap in both – Stroke&MI**

Sudden onset of weakness or paralysis on one side of the body, difficulty speaking and confusion.

**23. Which type of stenocardia is the most dangerous?**

Unstable angina is considered the most dangerous as it can lead to a heart attack.

**24. The norm of arterial blood pressure according to American Heart Association guidelines of 2017 in mm/Hg(Mercury)is:**

Typically below 120/80 mmHg for adults.

**25. What are the main consequences of *mild* iodine deficiency on *foetus* and *schoolchildren* in Latvia and in rest of the world?**

Can lead to issues with cognitive development and can cause thyroid-related problems.

**26. How a mild deficiency of selenium might influence *students'* health (to know impact of deficiency of selenium, vitamin D and iron on students' everyday life – immune system, mood)**

A mild deficiency of selenium might impact students' health by compromising their immune system and potentially affecting mood regulation.

**27. What can be impact of vitamin D deficiency in most *students*(2 options) ?**

Can lead to weakened bones and increased susceptibility to infections.

**28. What does a deficiency of iron (Fe) result in for most *students*, (3 options)**

A deficiency of iron in most students may result in fatigue, weakness, pale skin, and difficulty concentrating.

**29. How many women of reproductive age have iron deficiency in the European region?**

In the European region, a significant number of women of reproductive age experience iron deficiency. 25%-30%.

**30. What *system* of foetus is affected by folic acid deficiency during pregnancy?**

Folic acid deficiency during pregnancy can affect the neural tube development of the foetus, particularly impacting the central nervous system.

**31. What are the main groups of noncommunicable (not infections) diseases - being main causes of decreased healthy years of life and mortality and that could be prevented/diminished using healthy, balanced nutrition since the early childhood? (3 options)**

Non-communicable diseases, such as cardiovascular diseases, diabetes, and certain cancers, can significantly reduce healthy years of life and mortality, but they can be prevented or reduced by adopting a healthy, balanced diet from early childhood.

**32. Should pregnant women use supplements with iodine *in countries without iodine deficiency*?**

Pregnant women in countries without iodine deficiency may still benefit from using supplements with iodine to ensure adequate intake for fetal development.

**33. What are specific symptoms?(3 examples)**

Chest pain, sudden weakness on one side of the body, and slurred speech.

**34. What are non-specific symptoms( 5 examples)**

Non-specific symptoms can encompass fatigue, nausea, headache, dizziness, and generalised pain.

**35. The WHO suggested norm of iodine supplements during the pregnancy *in countries with iodine deficiency*?**

150micrograms per day

**36. Which is *the only microelement(not vitamin B12)* that cannot be sufficiently obtained with a vegan diet( in contradiction to omnivours), also needs to be consumed as supplement?**

Zinc is the microelement that cannot be sufficiently obtained with a vegan diet, and supplementation might be necessary. Its deficiency in pregnant vegans can impact the child's growth and development.

**37. What is the *specific* effect of a deficiency of this microelement in pregnant vegan on the development of her child?**

A deficiency of zinc in a pregnant vegan can hinder proper fetal growth and development, potentially leading to developmental issues in the child.

**38. What is IGF and what is its role in cooperation with Zn?**

IGF = insulin-like growth factor, it plays a role in cell growth and differentiation, often cooperating with Zinc for proper function.

**39. How do the cells of the pancreas and the body respond to the food mostly consisting of simple sugars if compared to complex sugars?(one)**

Experiencing rapid spikes in blood sugar levels compared to gradual responses to complex sugars.

**40. For a young adult or student, what blood pressure is considered to place the individual at increased risk?( one) (to look at AHAA and WHO recommendations of 2017 in regard to normal, elevated blood pressure and figures of the risk)**

For a young adult or student, blood pressure that is considered to place the individual at increased risk is typically readings above 120/80 mmHg, especially closer to the higher end.

**41. You are on a hiking trip. A bee stings your friend in the tongue, his tongue starts swelling and he is having trouble breathing. What *immediate first aid* can you provide him?**

Immediate first aid includes administering an epinephrine injection if available, calling emergency services, and ensuring the person is in a comfortable position.

**42. If the person has a tendency towards severe allergic reactions to insect bites, what would you insist that he/she should always carry with leaving the home?**

Someone prone to severe allergic reactions should carry an epinephrine auto-injector, commonly known as an EpiPen.

**43. Role of doctors in defending and lobbying of community health interests. Examples of possible tools used.**

Doctors play a crucial role in advocating for community health interests by engaging in public health initiatives, educating policymakers, and using evidence-based research to support health-related policies and regulations. Examples of tools used include lobbying, public awareness campaigns, and participation in policy-making committees.