

# **ADTA 5770.501: MIDTERM**

## **Medical and Pharmaceutical Questions**

### **1. Overview**

The list consists of 50 medical and pharmaceutical questions often asked by normal people, not medical or pharmaceutical professionals. The list is divided into 10 sections:

1. General Wellness & Lifestyle
2. Common Illnesses & Symptoms
3. Preventive Care
4. Medications & Drugs
5. Specific Populations and Life Stage
6. Health Information and Resources
7. Diet and Digestion
8. Sleep and Sleep Disorder
9. Healthcare System & Insurance
10. Healthcare Operations, Administration, Professionals

### **2. Questions: List 1: General Wellness & Lifestyle**

1. What's a healthy diet, in plain English?
2. How do I know if I'm getting enough vitamins and minerals?
3. How often should I work out?
4. How much sleep do I really need each night?
5. Is sleep really that important for my health?

### **3. Questions: List 2: Common Illnesses & Symptoms**

1. What's the difference between a cold and the flu?
2. What are the symptoms of the common cold versus the flu?
3. How do I know if I have allergies or a cold?
4. How long do allergies last?
5. Are allergies genetic?
6. Can you get allergies in the winter?

#### **4. Questions: List 3: Preventive Care**

1. Do I need to be vaccinated?
2. How do I strengthen my immune system?
3. How can I boost my immune system naturally?
4. Why do I need a yearly wellness exam?
5. How often should I get a checkup at the doctor?

#### **5. Questions: List 4: Medications & Drugs**

1. Why do I need antibiotics for some infections but not others?
2. Where should I store my medications?
3. What should I do with expired medications?
4. How do I know if I'm addicted to medication?
5. What's the difference between side effects and an allergic reaction?

#### **6. Questions: List 5: Specific Populations and Life Stage**

1. What are common health problems for kids?
2. How can I protect my kids from getting sick at school?
3. What are the signs of dementia in elderly parents?
4. Are there health issues that are more common in men?
5. What are some common women's health issues?

#### **7. Questions: List 6: Health Information and Resources**

1. How can I find reliable health information online?
2. How can I stay better informed about drugs?
3. How do I keep track of my medical records?
4. Can I access my medical records online?
5. How do I keep track of my medical records?

#### **8. Questions: List 7: Diet and Digestion**

1. What are some healthy snacks that will keep me full?
2. What's a healthy diet, in plain English?
3. How do I know if I'm getting enough vitamins and minerals?
4. What are the best foods to eat for a healthy diet?
5. How can I eat a healthy diet when I'm on a budget?

## **9. Questions: List 8: Sleep and Sleep Disorder**

1. What causes restless legs?
2. How to stop snoring?
3. How much sleep do I really need each night?
4. Is sleep really that important for my health?
5. What is sleep apnea?

## **10. Questions: List 9: Healthcare System & Insurance**

1. What's the difference between an HMO and a PPO?
2. What is deductible, and how does it work?
3. What is the Affordable Care Act (ACA), and how does it affect me?
4. What do I do if my insurance denies a claim?
5. How do I get a referral to a specialist?

## **11. Questions: List 10: Healthcare Operations, Administration, Professionals**

1. How do I get a referral to see a specialist?
2. What questions should I ask my doctor during a checkup?
3. What's the difference between a primary care doctor and a specialist?
4. What's the difference between a doctor (MD) and a doctor of osteopathy (DO)?
5. What is the difference between a psychiatrist and a psychologist?