

Population Change and Public Health Exercise 10A

1. Safe period during menstrual cycle refers to
 - A. Period in the middle of menstrual cycle when the woman is at the greatest risk of pregnancy
 - B. Period when the woman is bleeding
 - C. Period in the beginning of the cycle and towards the end of the cycle when the woman is at the lowest risk of pregnancy
 - D. None of the above
2. Ovulation occurs
 - A. At the beginning of menstrual cycle
 - B. Immediately after the end of bleeding
 - C. Approximately at the middle of the cycle
 - D. Just before the start of bleeding
3. The ovum released from the ovaries gets fertilized with the sperm in
 - A. The uterus
 - B. Cervix
 - C. Fallopian tubes
 - D. Ovaries
4. During each menstrual cycle
 - A. Only one ovum is released
 - B. Two ova are released
 - C. The number released is not known
 - D. During some cycles no ovum may be released
5. The life of sperm in female genital tract is
 - A. 24 to 72 hours
 - B. two to three weeks
 - C. less than 24 hours
 - D. not estimated yet
6. Male sterilization involves
 - A. Cutting and tying the ends of vas deferens
 - B. Cutting and tying the ends of epididymis
 - C. Treating the testicles to stop the production of sperm
 - D. loss of libido
7. Female sterilization involves
 - A. Removal of ovaries
 - B. Removal of uterus
 - C. Cutting and tying the two ends of fallopian tubes
 - D. Blocking the cervix opening

8. The risk of pregnancy is lowest during
 - A. At the middle of the cycle
 - B. At the time of menstrual bleeding
 - C. The risk is same all through the cycle
 - D. Just after the bleeding and just before the start of next cycle

9. A woman is at risk of pregnancy
 - A. All through the menstrual cycle
 - B. Only 1/3 of the days during the menstrual cycle
 - C. Only 2/3 of the days during the menstrual cycle
 - D. Only on the day of ovulation

- 10.10. Epididymis in men plays an important role in
 - A. In transportation of the sperm
 - B. In maturation of the sperm released from testis
 - C. None of the above
 - D. Both A and B

Population Change and Public Health Exercise 10B

1. Each of the following is a potential benefit of oral contraceptives except
 - A. Reduce iron deficiency anemia
 - B. Reduce risk of Pelvic Inflammatory disease
 - C. Reduced risk of endometrial /ovarian cancer
 - D. Protection against all the sexually transmitted diseases
2. The failure rates is highest on typical use with
 - A. Condoms
 - B. Exclusive breast feeding in the first six months
 - C. Intrauterine device
 - D. Oral contraceptives
3. Subdermal implants
 - A. Are placed in the uterus
 - B. Have high failure rates
 - C. Are associated with excessive bleeding
 - D. Can be used by the lactating women
4. What should a woman do if she misses two pills in a row?
 - A. Take two pills as a single dose
 - B. Do nothing , continue as before
 - C. Stop taking pills and use some other method of contraception
 - D. Choice may vary from woman to woman
5. All can be complications of IUD except the following?
 - A. Pelvic inflammatory disease
 - B. Uterine cancer
 - C. Ectopic pregnancy
 - D. Excessive menstrual bleeding
6. Which of the following contraceptive methods are contraindicated for breast-feeding women (check all those apply)
 - A. Combined oral contraceptives
 - B. Implants
 - C. Intra-uterine devices
 - D. Progestin only pills
 - E. Barrier methods
7. Which of the following hormonal methods contain both oestrogen and progesterone (check all those apply)
 - A. Combined oral contraceptive pills
 - B. Injectables
 - C. Implant

D. Minipills

8. Oral contraceptives work by
 - A. Inhibiting the release of ovum from the ovaries
 - B. Inhibiting the maturation of Graffian follicle
 - C. Thickening the cervical mucus to block the transport of sperm
 - D. Both A and C

9. Once inserted an IUD may be effective for
 - A. Two years
 - B. Five years
 - C. 7-10 years
 - D. as long as one wants

10. Which of the following is true about 'post-coital contraception'?
 - A. It can be taken any time and can be a perfect substitute for regular use of contraception
 - B. Has to be taken within 72 hours of unprotected intercourse
 - C. Both combined and progesterone only oral contraceptives can be used as post-coital contraception
 - D. Both B and C