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. 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