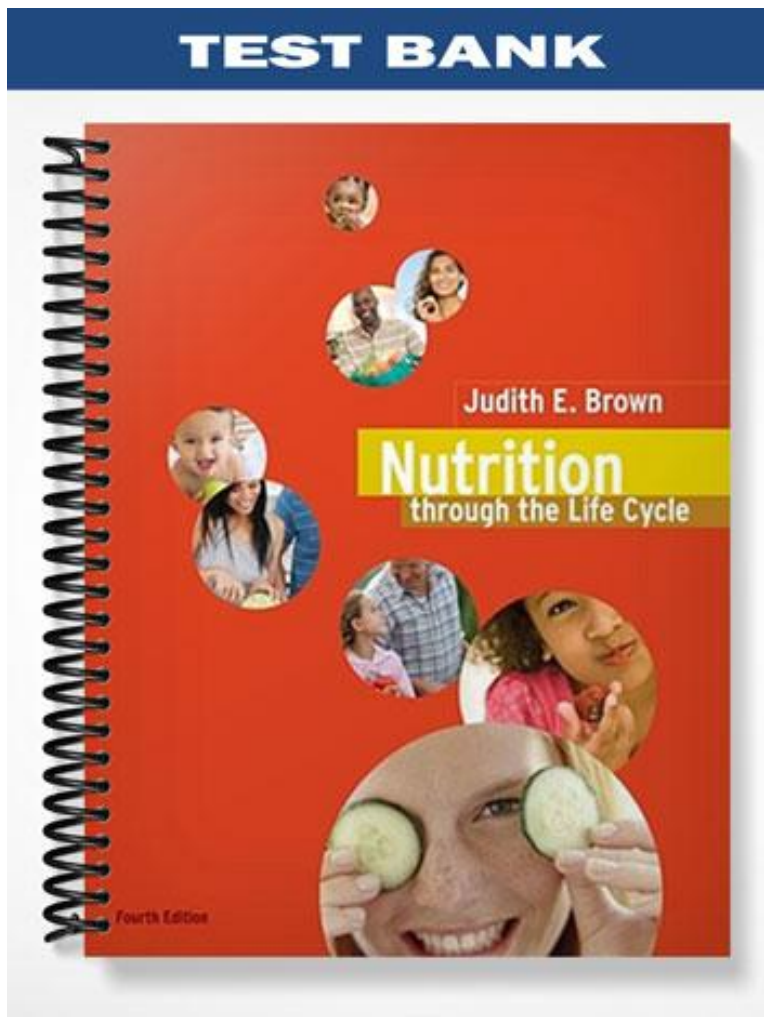


TEST BANK



Judith E. Brown

Nutrition
through the Life Cycle

Fourth Edition

Test Bank¹ for Chapter 2 – Preconception Nutrition

Key to question types: F = fact-based; A = application; L, M, H = low, medium, high difficulty

Multiple Choice

<u>Answer</u>	<u>Page #</u>	
c, F, L	52	1. Fertility refers to: _____. a. the biological ability to bear children after intercourse b. the absence of production of children c. the actual production of children d. the number of births per 1000 miscarriages
b, F, L	52	2. Couples having regular, unprotected intercourse have a ____ chance of a diagnosed pregnancy within a given menstrual cycle. a. 15 – 20% b. 20 – 25% c. 25 – 30% d. 30 – 50% e. 50 – 75%
b, F, L	b	3. The ____ of the menstrual cycle occurs after ovulation. a. follicular phase b. luteal phase c. estrogen phase d. primordial phase e. none of the above
d, F, M	52	4. What is the rate of miscarriages in the first 20 weeks of pregnancy? a. 6% b. 7% c. 8% d. 9%
b, F	52	5. The most common cause of miscarriage for women is: a. structural abnormalities in the uterus. b. the presence of a severe defect in the fetus. c. maternal infection. d. endocrine disorders. e. unknown random events.
a, F, M	53	6. The first half of the menstrual cycle is called the _____. a. follicular phase b. luteal phase c. estrogen phase d. primordial phase e. none of the above

¹ by Susan Gollnick of California Polytechnic State University; see the end of this document for a ready-to-use version of this test (without answers) for easy printing or cutting/pasting

- c, F 53 7. Ovulation results from a surge in the hormone _____.
a. estrogen
b. progesterone
c. luteinizing hormone
d. follicle stimulating hormone
e. gonadotropin releasing hormone
- c, F 53 8. The two hormones secreted by the pituitary gland during the **FOLLICULAR** phase of a woman's cycle are:
a. follicle stimulating hormone and progesterone.
b. progesterone and estrogen.
c. follicle stimulating hormone and luteinizing hormone.
d. luteinizing hormone and progesterone.
e. luteinizing hormone and estrogen.
- e, F, H 56 9. What hormone triggers the production of testosterone by the testes?
a. Follicle stimulating hormone
b. Luteinizing hormone
c. Progesterone
d. Estrogen
e. a and b
- b, F 56 10. Endometriosis is defined as:
a. scarring and blockage of the fallopian tubes.
b. the condition in which part of the endometrium becomes embedded within other body tissues.
c. modification of pregnancy hormones that results in infertility.
d. an infection of the cervix.
e. the inability to get pregnant.
- a, F, L 56 11. The leading diagnosis related to infertility is _____.
a. endocrine abnormalities that modify hormonal regulation of fertility
b. excessive exercise in women
c. environmental contaminants such as lead and mercury
d. obesity in men
e. "unknown" causes
- d, A, M 56-57 12. Which of the following factors would **NOT** be related to infertility in women?
a. A high alcohol intake
b. Excessive exercise
c. A strict vegan diet
d. Having the flu virus and not eating for a day
- e, F 56 13. Fertility can be disrupted by many factors. Which of the following would **NOT** be one of these factors?
a. Contraceptive use
b. Severe stress
c. Tubal damage
d. Chromosomal abnormalities
e. Unknown random events

- b, A, M 57 14. Which of the following nutrition factors would **NOT** be related to infertility in men?
- Following a weight-loss diet that resulted in a body weight 15% below normal
 - Eating a diet containing animal products
 - A high alcohol intake
 - An inadequate intake of antioxidants
 - An inadequate intake of zinc
- a, F 57 15. All of the following factors have been related to impaired fertility in males **EXCEPT**:
- high sperm count.
 - steroid abuse.
 - estrogen exposure.
 - excessive heat to testes.
 - chromosomal abnormalities in sperm.
- d, F, M 57 16. Fertility rates appear higher in less developed countries; however, fertility rates decline substantially as:
- access to contraception becomes available.
 - women get married.
 - social pressure to have children decreases.
 - education levels increase.
- c, A, M 53 17. What is the difference between how environmental exposures influence fertility in women and men?
- Women have more environmental exposures than men.
 - Environmental exposures in women can determine infertility in less time than exposure in men.
 - Environmental exposures in women change chromosomes in ova and do not change chromosomes in men's sperm.
 - None of the above.
- d, A 58 18. Loss of body fat in obese men and women is related to:
- improved hormone levels.
 - reduced oxidative stress.
 - improved conception rates.
 - all of the above
 - a and b only
- b, F 58 19. A body mass index (BMI) >_____ is typically needed to sustain normal reproductive function in women.
- 17
 - 20
 - 25
 - 30
 - 35
- b, F, L 58 20. The recommended first line of treatment for an underweight woman with amenorrhea is to _____.
- start exercising
 - gain weight
 - see a health care provider to obtain a medical prescription that helps with fertility
 - none of the above

- e, F 61 21. Which of the following dietary components has **NOT** been shown to have a relationship to impaired fertility in women?
- A regular intake of soy foods
 - A low fat intake (<20%)
 - Alcohol
 - Caffeine
 - Vitamin E
- e, A, H 52-53,56 22. A woman in her late forties wanted to increase the likelihood of becoming pregnant. She bought natural estrogen capsules over the Internet and increased her dietary fat intake. What information would be important for her to understand?
- Females are born with their lifetime supply of eggs.
 - Health care providers do not know whether over-the-counter fertility remedies work.
 - Weight gain can lead to infertility.
 - Infertility increases with increasing age.
 - All of the above
- d, F, M 61 23. When women are trying to get pregnant it is recommended that they _____.
- drink in the evening to help with sleep
 - drink one glass of wine daily to reduce the effects of stress
 - drink one can of beer daily
 - restrict their alcohol intake
- e, F, L 60-61 24. Decreased fertility in men is related to sperm _____.
- number
 - motility
 - morphology
 - a and c
 - a, b, and c
- a, F, M 62 25. Which of the following is **NOT** related to oral contraceptive use?
- Weight loss
 - Increased blood levels of HDL cholesterol (the “good” cholesterol)
 - Increased risk of blood clots
 - Increased levels of triglycerides and LDL cholesterol (the “bad” cholesterol)
 - Decreased blood levels of vitamin B₁₂
- a, F 63 26. The primary reason women have given for discontinuation of the injectable contraceptive method (Depo-Provera) is:
- weight gain.
 - irritability.
 - fatigue.
 - headache.
 - abdominal pain.

- b, F 63 27. Emerging forms of contraceptives for women include all of the following **EXCEPT**:
- contraceptive implants.
 - nasal inhalants.
 - hormone-releasing IUDs.
 - monthly vaginal rings.
 - pills that limit menstrual cycles to four times per year.
- d, F 63 28. Women taking oral contraceptive pills are cautioned against consuming:
- large amounts of animal products.
 - too many carbohydrates.
 - more than $\frac{1}{2}$ cup peanut butter weekly.
 - more than $\frac{1}{2}$ ounce black licorice daily.
 - All of the above
- c, F 52 29. Women who experience multiple miscarriages, men who have sperm abnormalities, and women that ovulate infrequently may be classified as:
- fertile.
 - infertile.
 - subfertile.
 - menopausal.
 - infecund.
- c, F 65 30. The recommended daily intake of folate for **ALL** women who may become pregnant is:
- 40 mcg.
 - 40 mg.
 - 400 mcg.
 - 400 mg.
 - 400 g.
- e, F, L 65 31. In order to reduce the incidence of spina bifida and neural tube defects prior to conception, women should eat ____.
- fortified breakfast cereal
 - fruits and vegetables
 - refined grain cereals
 - a and b
 - a and c
- e, A, L 64 32. Which of the following nutritional exposures before and very early in pregnancy would **NOT** disrupt fetal growth and development?
- Lack of folate in diet
 - Poorly controlled blood glucose
 - Overexposure to lead
 - Excessive vitamin A
 - Normal iron levels in the blood

- e, A 64 33. Nutritional exposures before and very early in pregnancy may disrupt fetal growth and development. Which of the following would **NOT** be considered an adverse nutritional exposure?
- Iodine deficiency
 - Obesity
 - Alcohol intake
 - Poorly controlled glucose
 - All of the above would be considered adverse nutritional exposures.
- e, A 57 34. The primary effect(s) of chronic undernutrition on reproduction in women is/are:
- high likelihood of infant death in first year.
 - the birth of small and frail infants.
 - spina bifida or other NTDs.
 - All of the above
 - Both a and b
- e, A, M 61,64 35. The specific 2010 nutrition objective to reduce iron deficiency in women of childbearing age from 11% to 7% is important because:
- women with iron deficiency are at increased risk for having babies with neural tube defects.
 - women with iron deficiency are at increased risk for early delivery.
 - babies of women with iron deficiency are at increased risk for developing iron deficiency within the first year of life.
 - All of the above
 - b and c only
- d, F 53 36. Which of the following statements **IS** a Healthy People 2010 nutrition objective for the nation related to preconception?
- Reduce the proportion of adults who are obese from 23 to 15%
 - Increase the proportion of adults who are at a healthy weight from 42 to 60%
 - Increase the proportion of women who receive preconceptional counseling
 - All of the above
 - a and c only
- d, A 53 37. What are potential consequences of delaying conception until you are in your 40s?
- Decreased chance of conception
 - Sperm become less viable
 - Higher likelihood for chromosomal abnormalities
 - All of the above
 - b and c only
- d, A 53-54 38. A decrease in the production of GnRH (gonadotropin releasing hormone) would result in:
- a decrease in the production of FSH and LH.
 - a lack of follicular development.
 - the absence of ovulation.
 - All of the above
 - a and b only

- c, A 55 39. Cramps and other side effects of menstruation can be traced back to the production of _____ by the uterus.
- progesterone
 - estrogen
 - prostaglandins
 - pituitary hormones
 - both a and b
- d, A 56 40. When hormones are altered in the body, many changes take place that affect fertility; which of the following would **NOT** be one of those changes?
- Change in length or presence of the luteal phase
 - A decrease in the production of sperm
 - Alterations in the passageways that ova and sperm travel
 - Absence of the follicular phase
 - All of the above would be changes that occur
- d, A 67 41. Which of the following would **NOT** be a component of the Nutrition Care Process?
- Nutrition Assessment
 - Nutrition Diagnosis
 - Nutrition Intervention
 - Nutrition Screening
 - Nutrition Monitoring
- b, A 61 42. Your best friend is pregnant and asks you to recommend foods that will increase her iron stores. Which of the following would be the best choice?
- Oatmeal
 - A hamburger with tomato slices
 - Canned spinach
 - Seasonal fruit
 - Frozen peas
- a, A 66-67 43. Preventive efforts to improve health in women prior to conception include all of the following **EXCEPT**:
- reducing the amount of energy expended to promote optimum nutrient stores.
 - improving quality of diet.
 - stopping tobacco, drugs, and alcohol.
 - reducing stress.
 - All of the above **WOULD** be considered preventive efforts.
- b, A 56 44. Women should have annual examinations by their obstetrician to make sure they do not have pelvic inflammatory disease (PID) because:
- PID can cause less estrogen to be secreted, thus blocking ovulation.
 - PID can lead to scarring and blockage of the fallopian tubes.
 - PID transferred to a male can cause sperm to become less viable.
 - PID can increase the lining of the endometrium.
 - PID decreases zinc absorption.

- e, A 53-54 45. Which hormone(s) produced by the corpus luteum is/are a common component of oral contraceptives and inhibit(s) the development of follicles in the ovary?
- Estrogen
 - Follicle stimulating hormone
 - Progesterone
 - a and b
 - a and c
- d, A 53 46. In a “typical” 28-day cycle, when would levels of luteinizing hormone most likely be the highest?
- Day 1
 - Day 7
 - Day 10
 - Day 14
 - Day 28
- d, A 58 47. Jane is 30 and has a BMI of 35; she and her husband have been trying to get pregnant for over a year, but she is not ovulating. Why would her doctor recommend weight loss and exercise instead of prescribing medication to induce ovulation?
- For a woman 30 years old, it is too risky to prescribe medication.
 - There are no medications on the market that induce ovulation.
 - She is overweight and needs to have a BMI <25 before conceiving.
 - Drugs that induce ovulation are less effective in obese women.
 - It is unsafe to try and conceive when you are not physically active.

True/False

Answer Page #

- a, F, L 52 1. The subfertility of one partner can be overcome by the reproductive capacity in the other partner.
- True
 - False
- a, A, M 56 2. Estrogen levels in women play a role in the development of infertility.
- True
 - False
- a, A, M 58-59 3. A 10-15% weight loss in normal-weight men and women will negatively affect their reproductive capacity.
- True
 - False
- a, F 59 4. Weight loss decreases fertility in men just as it does in women.
- True
 - False
- b, A 61 5. Women trying to get pregnant should avoid **ALL** sources of caffeine.
- True
 - False

- | | | |
|---------|----|---|
| a, F, L | 64 | 6. Adequate folate intake is needed before conception.
a. True
b. False |
| a, A | 66 | 7. The preconception period is a prime time for couples to make positive behavioral changes in their lifestyle habits to ensure the best possible outcome.
a. True
b. False |
| b, F, M | 57 | 8. In all cases where positive dietary changes are made before becoming pregnant, infertility is always resolved.
a. True
b. False |
| b, A, H | 61 | 9. The alcohol consumption recommendation for men is the same as the alcohol consumption recommendation for women.
a. True
b. False |

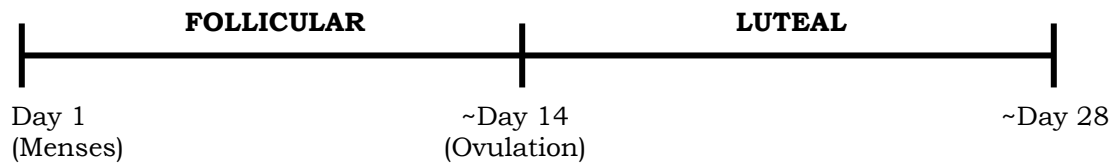
Matching

Answer Page #

- | | | | |
|---|----|------------------|---|
| G | 52 | 1. Infertility | A. biological inability to bear children after one year of unprotected intercourse |
| C | 52 | 2. Fecundity | B. the mass of tissue formed from the follicle after the egg is released |
| H | 52 | 3. Subfertility | C. biological capacity to bear children |
| I | 53 | 4. Puberty | D. actual production of children |
| B | 53 | 5. Corpus luteum | E. the developing organism from 8 weeks to birth |
| J | 58 | 6. Amenorrhea | F. the developing organism from conception to 8 weeks |
| F | 64 | 7. Embryo | G. absence of production of children |
| E | 64 | 8. Fetus | H. taking an unusually long time to conceive or having repeated, early pregnancy losses |
| D | 52 | 9. Fertility | I. the period in life in which humans become biologically capable of reproduction |
| A | 52 | 10. Infecundity | J. absence of menstrual cycle |

Short Answer/EssayPage #

- F 53-56 1. a.) Describe the roles of follicle stimulating hormone (FSH) and leutinizing hormone (LH) during a woman's reproductive cycle. b.) Using a diagram like the one below, draw lines for each one showing how levels of these hormones change over the course of 28 days. c.) What is the name for the mass of tissue left after the follicle ruptures (ovulation), what 2 hormones are secreted by it, **AND** what do they do?



- A, H 57-59 2. Discuss the relationship of weight and body fat in females. How can being very underweight or being very overweight affect fertility?
- A, H 56-59 3. A couple trying to become pregnant for six months without success sought medical care. The husband had a body mass index of 28 and the woman had irregular menses. During their medical visit, the woman mentioned that she had lost 10 pounds one month ago because she was worried about gaining too much weight in pregnancy. What types of dietary or lifestyle behaviors would be important to discuss?
- A 56-65 4. Use the following information to answer questions a-e.
- A 35-year-old woman wants to become pregnant. She has been taking birth control pills for 15 years and has a BMI of 32. She is a strict vegetarian (no meat or dairy!) and currently does not take any vitamins. She lives in a one-room studio with her boyfriend and spends her afternoons sunbathing and reading romance novels.
- a. How long will it take (on average) for her to resume normal reproductive function when she stops taking the pill?
 - b. Based on her body mass index (BMI), she would be considered _____.
 - c. What is the recommended amount of folate pre-pregnancy?
 - d. Which vitamins and/or minerals would you be most concerned about her lacking with her current diet?
 - e. Outline a meal plan for this woman to follow that would provide her with the nutrients she is missing. What else would you suggest for her?
- A, M 62-64 5. A couple, where the woman had been using oral contraceptives, was planning a pregnancy. What nutrients would be important to emphasize in order to replenish any that might have been depleted by use of the contraceptives?

- A, H 64-66 6. A county in Los Angeles, California received a grant. The money was to be used to increase the birth weight of infants born to families who work for minimum wage. Describe a possible program that would provide preconceptual counseling and the important dietary information used in educational sessions.
- F, H 64-66 7. A nonprofit organization wants to support the 2010 Nutrition Objective for the Nation that related to reducing the incidence of spina bifida and other neural tube defects. Define neural tube defects and describe how soon they develop after conception. Also, discuss any recommended behavioral or nutritional interventions important for women considering pregnancy.

Ready-to-Use Chapter 2 Test

Multiple Choice

- _____ 1. Fertility refers to: _____.
- the biological ability to bear children after intercourse
 - the absence of production of children
 - the actual production of children
 - the number of births per 1000 miscarriages
- _____ 2. Couples having regular, unprotected intercourse have a _____ chance of a diagnosed pregnancy within a given menstrual cycle.
- 15 – 20%
 - 20 – 25%
 - 25 – 30%
 - 30 – 50%
 - 50 – 75%
- _____ 3. The _____ of the menstrual cycle occurs after ovulation.
- follicular phase
 - luteal phase
 - estrogen phase
 - primordial phase
 - none of the above
- _____ 4. What is the rate of miscarriages in the first 20 weeks of pregnancy?
- 6%
 - 7%
 - 8%
 - 9%
- _____ 5. The most common cause of miscarriage for women is:
- structural abnormalities in the uterus.
 - the presence of a severe defect in the fetus.
 - maternal infection.
 - endocrine disorders.
 - unknown random events.
- _____ 6. The first half of the menstrual cycle is called the _____.
- follicular phase
 - luteal phase
 - estrogen phase
 - primordial phase
 - none of the above
- _____ 7. Ovulation results from a surge in the hormone _____.
- estrogen
 - progesterone
 - luteinizing hormone
 - follicle stimulating hormone
 - gonadotropin releasing hormone

- _____ 8. The two hormones secreted by the pituitary gland during the **FOLLICULAR** phase of a woman's cycle are:
- follicle stimulating hormone and progesterone.
 - progesterone and estrogen.
 - follicle stimulating hormone and luteinizing hormone.
 - luteinizing hormone and progesterone.
 - luteinizing hormone and estrogen.
- _____ 9. What hormone triggers the production of testosterone by the testes?
- Follicle stimulating hormone
 - Luteinizing hormone
 - Progesterone
 - Estrogen
 - a and b
- _____ 10. Endometriosis is defined as:
- scarring and blockage of the fallopian tubes.
 - the condition in which part of the endometrium becomes embedded within other body tissues.
 - modification of pregnancy hormones that results in infertility.
 - an infection of the cervix.
 - the inability to get pregnant.
- _____ 11. The leading diagnosis related to infertility is _____.
- endocrine abnormalities that modify hormonal regulation of fertility
 - excessive exercise in women
 - environmental contaminants such as lead and mercury
 - obesity in men
 - "unknown" causes
- _____ 12. Which of the following factors would **NOT** be related to infertility in women?
- A high alcohol intake
 - Excessive exercise
 - A strict vegan diet
 - Having the flu virus and not eating for a day
- _____ 13. Fertility can be disrupted by many factors. Which of the following would **NOT** be one of these factors?
- Contraceptive use
 - Severe stress
 - Tubal damage
 - Chromosomal abnormalities
 - Unknown random events
- _____ 14. Which of the following nutrition factors would **NOT** be related to infertility in men?
- Following a weight-loss diet that resulted in a body weight 15% below normal
 - Eating a diet containing animal products
 - A high alcohol intake
 - An inadequate intake of antioxidants
 - An inadequate intake of zinc

- _____ 15. All of the following factors have been related to impaired fertility in males **EXCEPT**:
- high sperm count.
 - steroid abuse.
 - estrogen exposure.
 - excessive heat to testes.
 - chromosomal abnormalities in sperm.
- _____ 16. Fertility rates appear higher in less developed countries; however, fertility rates decline substantially as:
- access to contraception becomes available.
 - women get married.
 - social pressure to have children decreases.
 - education levels increase.
- _____ 17. What is the difference between how environmental exposures influence fertility in women and men?
- Women have more environmental exposures than men.
 - Environmental exposures in women can determine infertility in less time than exposure in men.
 - Environmental exposures in women change chromosomes in ova and do not change chromosomes in men's sperm.
 - None of the above.
- _____ 18. Loss of body fat in obese men and women is related to:
- improved hormone levels.
 - reduced oxidative stress.
 - improved conception rates.
 - all of the above
 - a and b only
- _____ 19. A body mass index (BMI) > _____ is typically needed to sustain normal reproductive function in women.
- 17
 - 20
 - 25
 - 30
 - 35
- _____ 20. The recommended first line of treatment for an underweight woman with amenorrhea is to _____.
- start exercising
 - gain weight
 - see a health care provider to obtain a medical prescription that helps with fertility
 - none of the above
- _____ 21. Which of the following dietary components has **NOT** been shown to have a relationship to impaired fertility in women?
- A regular intake of soy foods
 - A low fat intake (<20%)
 - Alcohol
 - Caffeine
 - Vitamin E

- _____ 22. A woman in her late forties wanted to increase the likelihood of becoming pregnant. She bought natural estrogen capsules over the Internet and increased her dietary fat intake. What information would be important for her to understand?
- Females are born with their lifetime supply of eggs.
 - Health care providers do not know whether over-the-counter fertility remedies work.
 - Weight gain can lead to infertility.
 - Infertility increases with increasing age.
 - All of the above
- _____ 23. When women are trying to get pregnant it is recommended that they _____.
- drink in the evening to help with sleep
 - drink one glass of wine daily to reduce the effects of stress
 - drink one can of beer daily
 - restrict their alcohol intake
- _____ 24. Decreased fertility in men is related to sperm _____.
- number
 - motility
 - morphology
 - a and c
 - a, b, and c
- _____ 25. Which of the following is **NOT** related to oral contraceptive use?
- Weight loss
 - Increased blood levels of HDL cholesterol (the “good” cholesterol)
 - Increased risk of blood clots
 - Increased levels of triglycerides and LDL cholesterol (the “bad” cholesterol)
 - Decreased blood levels of vitamin B₁₂
- _____ 26. The primary reason women have given for discontinuation of the injectable contraceptive method (Depo-Provera) is:
- weight gain.
 - irritability.
 - fatigue.
 - headache.
 - abdominal pain.
- _____ 27. Emerging forms of contraceptives for women include all of the following **EXCEPT**:
- contraceptive implants.
 - nasal inhalants.
 - hormone-releasing IUDs.
 - monthly vaginal rings.
 - pills that limit menstrual cycles to four times per year.
- _____ 28. Women taking oral contraceptive pills are cautioned against consuming:
- large amounts of animal products.
 - too many carbohydrates.
 - more than ½ cup peanut butter weekly.
 - more than ½ ounce black licorice daily.
 - All of the above

- _____ 29. Women who experience multiple miscarriages, men who have sperm abnormalities, and women that ovulate infrequently may be classified as:
- fertile.
 - infertile.
 - subfertile.
 - menopausal.
 - infecund.
- _____ 30. The recommended daily intake of folate for **ALL** women who may become pregnant is:
- 40 mcg.
 - 40 mg.
 - 400 mcg.
 - 400 mg.
 - 400 g.
- _____ 31. In order to reduce the incidence of spina bifida and neural tube defects prior to conception, women should eat _____.
- fortified breakfast cereal
 - fruits and vegetables
 - refined grain cereals
 - a and b
 - a and c
- _____ 32. Which of the following nutritional exposures before and very early in pregnancy would **NOT** disrupt fetal growth and development?
- Lack of folate in diet
 - Poorly controlled blood glucose
 - Overexposure to lead
 - Excessive vitamin A
 - Normal iron levels in the blood
- _____ 33. Nutritional exposures before and very early in pregnancy may disrupt fetal growth and development. Which of the following would **NOT** be considered an adverse nutritional exposure?
- Iodine deficiency
 - Obesity
 - Alcohol intake
 - Poorly controlled glucose
 - All of the above would be considered adverse nutritional exposures.
- _____ 34. The primary effect(s) of chronic undernutrition on reproduction in women is/are:
- high likelihood of infant death in first year.
 - the birth of small and frail infants.
 - spina bifida or other NTDs.
 - All of the above
 - Both a and b

- _____ 35. The specific 2010 nutrition objective to reduce iron deficiency in women of childbearing age from 11% to 7% is important because:
- women with iron deficiency are at increased risk for having babies with neural tube defects.
 - women with iron deficiency are at increased risk for early delivery.
 - babies of women with iron deficiency are at increased risk for developing iron deficiency within the first year of life.
 - All of the above
 - b and c only
- _____ 36. Which of the following statements **IS** a Healthy People 2010 nutrition objective for the nation related to preconception?
- Reduce the proportion of adults who are obese from 23 to 15%
 - Increase the proportion of adults who are at a healthy weight from 42 to 60%
 - Increase the proportion of women who receive preconceptional counseling
 - All of the above
 - a and c only
- _____ 37. What are potential consequences of delaying conception until you are in your 40s?
- Decreased chance of conception
 - Sperm become less viable
 - Higher likelihood for chromosomal abnormalities
 - All of the above
 - b and c only
- _____ 38. A decrease in the production of GnRH (gonadotropin releasing hormone) would result in:
- a decrease in the production of FSH and LH.
 - a lack of follicular development.
 - the absence of ovulation.
 - All of the above
 - a and b only
- _____ 39. Cramps and other side effects of menstruation can be traced back to the production of _____ by the uterus.
- progesterone
 - estrogen
 - prostaglandins
 - pituitary hormones
 - both a and b
- _____ 40. When hormones are altered in the body, many changes take place that affect fertility; which of the following would **NOT** be one of those changes?
- Change in length or presence of the luteal phase
 - A decrease in the production of sperm
 - Alterations in the passageways that ova and sperm travel
 - Absence of the follicular phase
 - All of the above would be changes that occur
- _____ 41. Which of the following would **NOT** be a component of the Nutrition Care Process?
- Nutrition Assessment
 - Nutrition Diagnosis
 - Nutrition Intervention
 - Nutrition Screening
 - Nutrition Monitoring

- _____ 42. Your best friend is pregnant and asks you to recommend foods that will increase her iron stores. Which of the following would be the best choice?
- Oatmeal
 - A hamburger with tomato slices
 - Canned spinach
 - Seasonal fruit
 - Frozen peas
- _____ 43. Preventive efforts to improve health in women prior to conception include all of the following **EXCEPT**:
- reducing the amount of energy expended to promote optimum nutrient stores.
 - improving quality of diet.
 - stopping tobacco, drugs, and alcohol.
 - reducing stress.
 - All of the above **WOULD** be considered preventive efforts.
- _____ 44. Women should have annual examinations by their obstetrician to make sure they do not have pelvic inflammatory disease (PID) because:
- PID can cause less estrogen to be secreted, thus blocking ovulation.
 - PID can lead to scarring and blockage of the fallopian tubes.
 - PID transferred to a male can cause sperm to become less viable.
 - PID can increase the lining of the endometrium.
 - PID decreases zinc absorption.
- _____ 45. Which hormone(s) produced by the corpus luteum is/are a common component of oral contraceptives and inhibit(s) the development of follicles in the ovary?
- Estrogen
 - Follicle stimulating hormone
 - Progesterone
 - a and b
 - a and c
- _____ 46. In a "typical" 28-day cycle, when would levels of luteinizing hormone most likely be the highest?
- Day 1
 - Day 7
 - Day 10
 - Day 14
 - Day 28
- _____ 47. Jane is 30 and has a BMI of 35; she and her husband have been trying to get pregnant for over a year, but she is not ovulating. Why would her doctor recommend weight loss and exercise instead of prescribing medication to induce ovulation?
- For a woman 30 years old, it is too risky to prescribe medication.
 - There are no medications on the market that induce ovulation.
 - She is overweight and needs to have a BMI <25 before conceiving.
 - Drugs that induce ovulation are less effective in obese women.
 - It is unsafe to try and conceive when you are not physically active.

True/False

- _____ 1. The subfertility of one partner can be overcome by the reproductive capacity in the other partner.
 - a. True
 - b. False

- _____ 2. Estrogen levels in women play a role in the development of infertility.
 - a. True
 - b. False

- _____ 3. A 10-15% weight loss in normal-weight men and women will negatively affect their reproductive capacity.
 - a. True
 - b. False

- _____ 4. Weight loss decreases fertility in men just as it does in women.
 - a. True
 - b. False

- _____ 5. Women trying to get pregnant should avoid **ALL** sources of caffeine.
 - a. True
 - b. False

- _____ 6. Adequate folate intake is needed before conception.
 - a. True
 - b. False

- _____ 7. The preconception period is a prime time for couples to make positive behavioral changes in their lifestyle habits to ensure the best possible outcome.
 - a. True
 - b. False

- _____ 8. In all cases where positive dietary changes are made before becoming pregnant, infertility is always resolved.
 - a. True
 - b. False

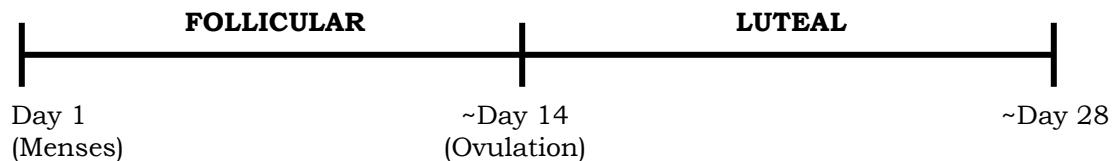
- _____ 9. The alcohol consumption recommendation for men is the same as the alcohol consumption recommendation for women.
 - a. True
 - b. False

Matching

- | | |
|------------------------|---|
| _____ 1. Infertility | A. biological inability to bear children after one year of unprotected intercourse |
| _____ 2. Fecundity | B. the mass of tissue formed from the follicle after the egg is released |
| _____ 3. Subfertility | C. biological capacity to bear children |
| _____ 4. Puberty | D. actual production of children |
| _____ 5. Corpus luteum | E. the developing organism from 8 weeks to birth |
| _____ 6. Amenorrhea | F. the developing organism from conception to 8 weeks |
| _____ 7. Embryo | G. absence of production of children |
| _____ 8. Fetus | H. taking an unusually long time to conceive or having repeated, early pregnancy losses |
| _____ 9. Fertility | I. the period in life in which humans become biologically capable of reproduction |
| _____ 10. Infecundity | J. absence of menstrual cycle |

Short Answer/Essay

1. a.) Describe the roles of follicle stimulating hormone (FSH) and leutinizing hormone (LH) during a woman's reproductive cycle. b.) Using a diagram like the one below, draw lines for each one showing how levels of these hormones change over the course of 28 days. c.) What is the name for the mass of tissue left after the follicle ruptures (ovulation), what 2 hormones are secreted by it, **AND** what do they do?



2. Discuss the relationship of weight and body fat in females. How can being very underweight or being very overweight affect fertility?
3. A couple trying to become pregnant for six months without success sought medical care. The husband had a body mass index of 28 and the woman had irregular menses. During their medical visit, the woman mentioned that she had lost 10 pounds one month ago because she was worried about gaining too much weight in pregnancy. What types of dietary or lifestyle behaviors would be important to discuss?
4. Use the following information to answer questions a-e.

A 35-year-old woman wants to become pregnant. She has been taking birth control pills for 15 years and has a BMI of 32. She is a strict vegetarian (no meat or dairy!) and currently does not take any vitamins. She lives in a one-room studio with her boyfriend and spends her afternoons sunbathing and reading romance novels.

- How long will it take (on average) for her to resume normal reproductive function when she stops taking the pill?
- Based on her body mass index (BMI), she would be considered _____.
- What is the recommended amount of folate pre-pregnancy?
- Which vitamins and/or minerals would you be most concerned about her lacking with her current diet?

- e. Outline a meal plan for this woman to follow that would provide her with the nutrients she is missing. What else would you suggest for her?
5. A couple, where the woman had been using oral contraceptives, was planning a pregnancy. What nutrients would be important to emphasize in order to replenish any that might have been depleted by use of the contraceptives?
6. A county in Los Angeles, California received a grant. The money was to be used to increase the birth weight of infants born to families who work for minimum wage. Describe a possible program that would provide preconception counseling and the important dietary information used in educational sessions.
7. A nonprofit organization wants to support the 2010 Nutrition Objective for the Nation that related to reducing the incidence of spina bifida and other neural tube defects. Define neural tube defects and describe how soon they develop after conception. Also, discuss any recommended behavioral or nutritional interventions important for women considering pregnancy.