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M – 1847

Reg. No. :

Name :

Fifth Semester B.Sc. Degree Examination, December 2021

Career Related First Degree Programme under CBCSS

2(a) Biochemistry and Industrial Microbiology

Open Course

IM 1551.2 LIFE STYLE DISEASES

(2018 & 2019 Admission)

Time : 3 Hours

Max. Marks : 80

SECTION – A

Answer the following questions in a word or in one or two sentence. Each question carries 1 mark.

1. What are life style factors? Give two examples.
2. Define hyperglycemia.
3. What is meant by random blood glucose test?
4. What are proto oncogenes?
5. Define melanoma.
6. When do a person considered as obese?
7. Define BMI.

P.T.O.

8. How does leptin act?
9. How ischemic hypoxia develops?
10. What is life style medicine?

(10 × 1 = 10 Marks)

SECTION – B

Write a paragraph on any **eight** of the following. Each question carries 2 marks.

11. Is doing too much exercise advisable? Give reasons to support your answer.
12. What are the problems associated with a sedentary life style?
13. What are the major diseases associated with smoking'?
14. What are dietary fibers? What are their health benefits?
15. How type I diabetes is diagnosed?
16. How do cancers are classified based on the type of their tissue origin?
17. How can the development of obesity prevented?
18. What are the major risk factors of congestive heart failure?
19. Comment on the significance of monitoring our lipid profile at frequent intervals.
20. What are atherosclerotic plaques?
21. What is meant by an echocardiogram?
22. Describe the concept of balanced diet.
23. How calorific value of food stuffs are measured?

24. What is meant by BMR?
25. What changes in life style are advisable to reduce blood cholesterol level?
26. What is meant by good cholesterol? Why is it named so?

(8 × 2 = 16 Marks)

SECTION – C

Short essay not exceeding 120 words. Answer any **six** questions. Each question carries **4** marks

27. Discuss the status of life style diseases in India.
28. How alcohol gets metabolised? Describe the consequences of alcoholism in human body.
29. Write a note on diabetic retinopathy.
30. Write a note on the site targeted treatment modalities for cancer.
31. What are the major types of carcinogens? Describe their mode of action with examples.
32. Give an account of the major health problems associated with obesity.
33. Write a note on myocardial infraction.
34. Explain the events involved in the development of atherosclerosis.
35. Describe hypertension as a life style disease.
36. Describe the diagnostic tools for cardiovascular diseases.
37. Explain the significance of aerobic exercises in maintaining a health life.
38. Write a note on life style medicine.

(6 × 4 = 24 Marks)

SECTION – D

Answer any **two** questions. Each question carries **15** marks.

39. Illustrate the role of life style factors in the development of diseases.
40. Write an essay on the causes, diagnosis and management of type 2 diabetes.
41. Outline the risk factors, diagnosis, prevention and management of cancer.
42. Give an account of the factors leading to the development of obesity. Explain its prevention and management by modulating by style factors.
43. Write an essay on the role of diet in the prevention and management of cardiovascular diseases.
44. Write a note on the causes, diagnosis and management of atherosclerosis.

(2 × 15 = 30 Marks)