

Online Test:- [Health Effects of Smoking](#)
Test Questions

(hint: print questions & mark answers before starting online test)

CHAPTER 1: Introduction, Summary, and Conclusions

1. How many levels of hierarchy for classifying the strength of causal inferences from available evidence are introduced in the report?
A. One
B. Two
C. Three
D. Four
2. Which of the following health consequences causally linked to smoking?
A. Cancers
B. Chronic diseases
C. Ectopic Pregnancies
D. All of the above
3. On the basis of more than 7,000 articles in the biomedical literature relating to smoking and disease that were available at the time, the Advisory Committee concluded that cigarette smoking is associated with _____ higher all-cause mortality rates among men.
A. 70%
B. 60%
C. 50%
D. 40

CHAPTER 2: Fifty Years of Change 1964–2014

4. In 1964, almost _____ of U.S. adults were cigarette smokers and smoking was ubiquitous in many public places, including restaurants, theaters, and airplane cabins.
A. 1/3
B. 1/2
C. 1/4
D. 1/8
5. Beginning as early as the 1920s, the rise of _____ prompted epidemiologic research on its causes that was carried out in the United States and Europe.
A. Thyroid cancer
B. Brain tumor
C. Breast cancer
D. Lung cancer
6. Tobacco smoke contains more than _____ chemicals, and at least 69 of these can cause cancer (USDHHS 2010).
A. 700
B. 7,000
C. 500
D. 300

CHAPTER 3: Producing the Surgeon General's Report From 1964–2014: Process and Purpose

7. Which of the following year did the first official report of the federal government on smoking and health published?
A. 1964
B. 1967
C. 1968
D. 1969

8. Updated information that was presented in the 1967 report, estimated that smoking-related loss of life expectancy among young men as _____ years for "heavy" smokers (more than 2 packs/day) and _____ years for "light" smokers (less than ½ pack/day).
- A. 15, 10
 - B. 20, 10
 - C. 8, 4
 - D. 30, 15
9. In _____ the health consequences of smoking report found that "Maternal smoking during pregnancy exerts a retarding influence on fetal growth"
- A. 1971
 - B. 1972
 - C. 1973
 - D. 1974
10. In 1974 the tenth anniversary report reviewed evidence on association between smoking and atherosclerotic brain infarction and on synergistic effect of smoking and asbestos exposure in causing _____.
- A. Thyroid cancer
 - B. Brain tumor
 - C. Breast cancer
 - D. Lung cancer
11. A Special report of advisory committee appointed by the Surgeon General to study the health consequences of smokeless tobacco concluded that the use of smokeless tobacco can cause cancer in humans and can lead to _____ addiction.
- A. Alcohol
 - B. nicotine
 - C. Painkillers
 - D. Marijuana
12. Which of the following year the study was done on *Tobacco Use among U.S. Racial/ Ethnic Minority Groups*?
- A. 1998
 - B. 2000
 - C. 2001
 - D. 2004
13. In year 2000, the first report to offer a composite review of the various methods used to reduce and prevent tobacco use. This report evaluated which of the following approaches to reducing tobacco use?
- A. educational and clinical
 - B. regulatory and economic
 - C. comprehensive
 - D. All of the above
14. In year _____, concluded that the increased likelihood of lung cancer, cardiovascular disease, and reproductive health problems among female smokers make tobacco use a serious women's health issue.
- A. 2000
 - B. 2001
 - C. 2004
 - D. 2006
15. In 2004, the study concluded that smoking causes diseases in nearly every organ of the body and causally linked to which of the following?
- A. leukemia and cataracts
 - B. pneumonia,
 - C. Cancers of the cervix, kidney, pancreas, and stomach
 - D. linked to all of the above
16. In 2006, the report found that even brief secondhand smoke exposure can cause immediate harm and the only way to protect nonsmokers from the dangerous chemicals in secondhand smoke is to eliminate smoking _____.
- A. indoors
 - B. outdoors

- C. designated smoking area
- D. all of the above

17. In 1994, the report addressed the crucial problems of _____ tobacco use by providing a detailed look at the time of life when **most** tobacco users begin, develop, and establish their smoking behavior.

- A. Adult males
- B. Seniors
- C. Adult females
- D. Adolescent

18. Which of the following year updated the 1994 report on youth and described the epidemic of tobacco use among youth 12–17 years of age and young adults 18–25 years of age, including the epidemiology, causes, and health effects of this tobacco use and interventions proven to prevent it?

- A. 2011
- B. 2012
- C. 2013
- D. 2014

CHAPTER 4: Advances in Knowledge of the Health Consequences of Smoking: From 1964–2014

19. The 50-year span beginning in 1964 and ending in 2014 covers an era of remarkable advances in the understanding of disease etiology and opportunities for which of the following?

- A. The pre-vention
- B. Diagnosis
- C. Treatment of disease.
- D. All of the above

20. Another important advance over the last several decades has been the incorporation of genetics into research on the etiology of noncommunicable diseases, especially in the use of genetics to identify those men and women who are particularly susceptible to certain extrinsic exposures, such as cigarette smoking.

- A. TRUE
- B. FALSE

21. According to figure 4.3 in the report, which of the following cancers have high mortality rates among men in the United States, 1930–2008a?

- A. Colon and rectum
- B. Prostate
- C. Lung and bronchus
- D. Pancreas

22. The involuntary inhalation of tobacco smoke by nonsmokers has been referred to in the Surgeon General's reports as:

- A. involuntary smoking
- B. passive smoking.
- C. Both A and B
- D. None of the above

23. The 2001 report, Women and Smoking, had considered the relationship between exposure to secondhand smoke and _____, and that topic was discussed in the 2006 report as well.

- A. breast cancer
- B. uterine cancer
- C. endometrial cancer
- D. thyroid cancer

24. The 2012 report provided additional coverage of the effects of smoking on the health of which of the following populations?

- A. children,
- B. adolescents,
- C. young adults
- D. All of the above

25. According to the Conclusion(s) from the 2006 Surgeon General's report, "The evidence is sufficient to infer a causal relationship between maternal exposure to ____ during pregnancy and a small reduction in birth weight."

- A. secondhand smoke
- B. pollution
- C. radiation
- D. alcohol

26. Which of the following year concludes "Cigarette smoking is associated with a 70 percent increase in the age specific death rates of males, and to a lesser extent with increased death rates of females? The total number of excess deaths causally related to cigarette smoking in the U.S. population **cannot** be accurately estimated. In view of the continuing and mounting evidence from many sources, it is the judgment of the Committee that cigarette smoking contributes substantially to mortality from certain specific diseases and to the overall death rate."?

- A. 1964
- B. 1967
- C. 1968
- D. 1978

27. Which of the following year concludes that "Cigarette smokers have substantially higher rates of death and disability than their nonsmoking counterparts in the population? This means that cigarette smokers tend to die at earlier ages and experience more days of disability than comparable nonsmokers.

- A. 1964
- B. 1967
- C. 1968
- D. 1978

28. In 1978, the report concluded that Overall mortality rates for cigarette smokers are about ____ percent higher than those for nonsmokers.

- A. 50
- B. 60
- C. 70
- D. 80

29. Which of the following year concluded that overall mortality ratios are higher for those who initiated their cigarette smoking at younger ages compared to those who began smoking later?

- A. 1964
- B. 1967
- C. 1968
- D. 1979

30. According to 1980 conclusion, the mortality ratio for women who smoke cigarettes is about _____.

- A. 1.2 or 1.3
- B. 2.2 or 2.3
- C. 3.2 or 3.3
- D. 4.2 or 4.3

31. Which of the following year concluded that "Smoking is responsible for more than one of every six deaths in the United States? Smoking remains the single most important preventable cause of death in our society."

- A. 1980
- B. 1989
- C. 2001
- D. 2004

32. According to 2001 report conclusion, the excess risk for death from all causes among current smokers compared with persons who have never smoked increases with both the number of years of smoking and the number of cigarettes smoked per day."

- A. TRUE
- B. FALSE

33. Which of the following year concluded that "There have been more than 12 million premature deaths attributable to smoking since the first published Surgeon General's report on smoking and health in 1964? Smoking remains the leading preventable cause of premature death in the United States."?

- A. 2001
- B. 2004
- C. 2006
- D. 2007

34. According to 2006 report, secondhand smoke does **not** cause premature death and disease in children and in adults who do not smoke.

- A. TRUE
- B. FALSE

35. According to the report, Women who smoke cigarettes during pregnancy tend to have babies of which type of following birth weight?

- A. higher
- B. lower
- C. normal
- D. smoking does not affect birth weight

36. The report states that smoking is associated with accidental deaths from fires in the home. No conclusive information is available on the effects of smoking on traffic accidents.

- A. fires
- B. falls
- C. drowning
- D. none of the above

CHAPTER 5: Nicotine

37. The 1988 Surgeon General's report, *The Health Consequences of Smoking: Nicotine Addiction*, concluded that cigarettes and tobacco products are addicting and that "Nicotine is the drug in tobacco that causes addiction"

- A. TRUE
- B. FALSE

38. Which of the following increases the potential for nicotine addiction?

- A. the dose delivery rate
- B. the rate of absorption
- C. the attained concentration of nicotine
- D. All of the above increases the risk for nicotine addiction

39. According to the report, more than _____ of nicotine absorbed into the body undergoes metabolism in the liver, principally by CYP2A6, UDP-glucuronosyltransferase, and flavin-containing monooxygenase.

- A. 60%
- B. 70%
- C. 80%
- D. 90%

40. Nicotine, 3-(1-methyl-2-pyrrolidiny) pyridine, is a volatile alkaloid with a molecular weight of 162.23. The absorption and elimination via renal excretion of nicotine are highly dependent on _____.

- A. pH
- B. Atomic number
- C. Atomic mass number
- D. All of the above

41. The lag time between puffs on a cigarette until nicotine reaches the brain is _____ seconds.

- A. 20-25
- B. 10-20
- C. 5-10
- D. 25-30

42. Nicotine in tobacco smoke inhaled into the lung is rapidly absorbed because of the _____ of the alveoli and small airways and the dissolution of nicotine in the fluid coating the lung's epithelial layer, which has a physiological pH that facilitates absorption.

- A. large surface area
- B. small surface area

- C. size
- D. shape

43. Acute toxicologic data on nicotine is limited. Such information comes from which of the following sources?

- A. animal studies
- B. studies investigating nicotine as a therapeutic agent (including NRT)
- C. poisonings involving nicotine
- D. All of the above

44. Nicotine exerts its effects via stimulation of the nicotine acetylcholine receptors (nAChRs), which are located in the _____.

- A. Central Nervous System
- B. Gastrointestinal System
- C. Respiratory System
- D. Urinary System

45. Although the nicotine intoxication syndrome is not fully characterized, symptoms of mild acute toxicity might include nausea and vomiting, progressing with increased exposure to cholinergic syndrome, which includes what?

- A. diarrhea
- B. increased salivation and respiratory secretions
- C. bradycardia
- D. all of the above

46. Dependence on nicotine is characterized by which of the following?

- A. the persistence of a drug-taking behavior
- B. the emergence of withdrawal symptoms upon the abrupt cessation of nicotine administration
- C. Sex of the person
- D. Both A & B

47. Nicotine is a highly _____ compound with effects ranging from being a natural pesticide in tobacco leaves that causes addiction in tobacco users.

- A. ionic
- B. bioactive
- C. binary
- D. covalent

48. According to the report, there is insufficient data to conclude that nicotine causes or contributes to cancer in humans, but there is evidence showing which of the following possible cancer risks?

- A. oral
- B. esophageal
- C. pancreatic
- D. All of the above

49. The 2004 Surgeon General's report concluded that "the evidence is sufficient to infer a causal relationship between maternal smoking during pregnancy and a reduction of _____ function in infants"

- A. lung
- B. liver
- C. kidney
- D. heart

50. The evidence supports the hypothesis that nicotine plays a key role in mediating adverse effects of smoking on which of the following?

- A. reproductive health,
- B. preterm delivery
- C. stillbirth
- D. All of the above

51. Researchers have suggested that smoking may have cognition-enhancing properties, such as:

- A. improvements in sustained attention
- B. reaction time
- C. memory
- D. All of the above

52. In the fetus, nicotine targets _____ in the brain, potentially resulting in abnormalities in cell proliferation and altering synaptic activity.
- A. neurotransmitter receptors
 - B. hypothalamus
 - C. olfactory nerves
 - D. pituitary gland
53. In adults, the _____ effects of nicotine withdrawal on cognitive function have been documented in both humans and animals, and the administration of nicotine during withdrawal mitigates cognitive impairment.
- A. positive
 - B. negative
 - C. neutral
 - D. none of the above
54. Tobacco industry documents indicate that the industry funded research for the specific purpose of perpetuating the belief that smoking improves symptoms in _____ patients, advocated for exceptions for smoking in hospitalized psychiatric patients, and funded studies of medicinal uses of nicotine analogs to treat mental illnesses.
- A. schizophrenic
 - B. cancer
 - C. diabetic
 - D. all of the above
55. Evidence of the tobacco industry's interest in the cognitive-enhancing properties of nicotine comes from which of the following year that provides review of publications investigating the effects of tobacco and nicotine on cognitive performance?
- A. 1996
 - B. 1997
 - C. 1998
 - D. 1999
56. Evidence shows that acute _____ administration has some modest cognition-enhancing effects in adult smokers during withdrawal.
- A. nicotine
 - B. alcohol
 - C. steroids
 - D. all of the above
57. The evidence is already sufficient to provide appropriately cautious messages to which of the following populations about the use of nicotine-containing products such as smokeless tobacco and electronic cigarettes, and newer forms of nicotine-containing tobacco products, as alternatives to smoking?
- A. pregnant women
 - B. women of reproductive age
 - C. adolescents
 - D. All of the above

CHAPTER 6: CANCER

58. In which of the following year tobacco advertising on radio and television was banned in U.S?
- A. 1970
 - B. 1980
 - C. 1990
 - D. 2000
59. People begin to smoke cigarettes at a relatively _____ age, typically have difficulty stopping, and may continue to smoke for decades.
- A. young
 - B. middle
 - C. old
 - D. all of the above

60. Cigarette smoking is the predominant cause of _____ cancer in the United States, and it is the country's leading cause of cancer death.
- A. Liver
 - B. lung
 - C. Prostate
 - D. Renal
61. Since the 1950s, cigarettes have undergone changes in their design and composition (Hoffmann and Hoffmann 1997; NCI 2001). The **most** prominent changes have been the addition of _____.
- A. size
 - B. thickness
 - C. filters
 - D. all of the above
62. Which of the following country sells **most** Cigarettes brands that are made primarily of a blend of air-cured tobaccos?
- A. Australia,
 - B. Canada
 - C. United Kingdom
 - D. United States
63. Low-tar cigarettes reduce risk of lung cancer.
- A. TRUE
 - B. FALSE
64. _____ studies are a key source of evidence for assessing whether the risk of lung cancer associated with smoking has changed over time.
- A. Sociological
 - B. Psychological
 - C. Epidemiologic
 - D. Economical
65. Which of the following type of lung cancer has been increasing in the United States since the 1970s?
- A. Adenocarcinoma
 - B. Squamous cell carcinoma
 - C. Small cell carcinoma
 - D. Large cell carcinoma
66. According to the article, differences in the prevalence of current and former smoking and differences in the distribution of the duration of smoking and the duration of abstinence from smoking vary markedly across birth cohorts and contribute to differences in risks of _____.
- A. lung cancer
 - B. liver cancer
 - C. brain cancer
 - D. esophageal cancer
67. Within birth cohorts, an increasing proportion of smokers come from which of the following population groups?
- A. less education group
 - B. lower income group
 - C. higher income group
 - D. A and B only
68. _____ has been increasing in the United States as a fraction of all lung cancers, becoming the **most** common histologic type of lung cancer.
- A. Adenocarcinoma
 - B. Squamous cell carcinoma
 - C. Small cell carcinoma
 - D. Large cell carcinoma
69. The flue-cured cigarettes of the type preferred in Australia, Canada, and the United Kingdom have substantially higher levels of tobacco-specific nitrosamines than do U.S.-style blended cigarettes and have higher levels of B[a]P.
- A. TRUE

B. FALSE

70. In a population, which of the following are the principal determinants of risk for lung cancer?

- A. The prevalence of current smoking
- B. The distribution of the duration of smoking among current and former smokers.
- C. Sex of the smoker
- D. Only A and B

71. According to the report, smokers who shift to cigarette brands with nominally lower machine-measured yields with _____ change their smoking pattern to restore their nicotine delivery to the level needed to sustain their addiction.

- A. size
- B. thickness
- C. ventilated filters
- D. tobacco amount

72. The Surgeon General's report on smoking cessation noted an association between smoking and HCC that persisted after controlling for potentially confounding lifestyle factors, including consumption of _____.

- A. Pain killers
- B. Other drugs
- C. Alcohol
- D. All of the above

CHAPTER 7: Respiratory Diseases

73. Smoking has long been linked to adverse effects on the respiratory system, causing which of the following?

- A. malignant and nonmalignant diseases
- B. exacerbating chronic lung diseases
- C. increasing the risk for respiratory infections
- D. All of the above

74. Asthma is the **most** common chronic disease of childhood and is also very common among adults.

- A. TRUE
- B. FALSE

75. A series of observations during the past decade indicate that women seem to develop more severe _____ at an earlier age, in comparison with men who smoked the same cumulative number of cigarettes.

- A. gastritis
- B. COPD
- C. liver disease
- D. skin cancer

76. The role of genetic factors in COPD and susceptibility to cigarette smoke was reviewed in the year _____ Surgeon General's report.

- A. 2009
- B. 2010
- C. 2011
- D. 2012

77. Individuals that inherit two severe deficiency variants—most commonly genotype *PI ZZ*—are at substantially increased risk for early-onset of _____.

- A. gastritis
- B. COPD
- C. liver disease
- D. skin cancer

78. It is possible that genetic determinants of COPD risk may act through genetic effects which may increase _____ addiction or smoking intensity. Additional research will be required to determine whether this addiction is the mechanism that links these genetic loci to COPD susceptibility.

- A. Alcohol
- B. Narcotics

- C. Nicotine
- D. all of the above

79. _____ is defined pathologically as the destruction of alveolar tissue with coalescence and enlargement of airspaces.

- A. Emphysema
- B. Tuberculosis
- C. Pneumothorax
- D. Cold

80. Small airway disease and emphysema form the basis for the largely irreversible airway obstruction that characterizes _____.

- A. cold
- B. COPD
- C. tuberculosis
- D. cough

81. _____ are the main inflammatory cells patroling the normal lung parenchyma and their numbers are greatly expanded with long-term smoking.

- A. Macrophages
- B. Leukocytes
- C. Mast cells
- D. Endothelial cells

82. Cigarette smoke initiates a/an _____ process that later becomes more complex and independent of smoking over time.

- A. *fermentation*
- B. viral
- C. inflammatory
- D. growth

83. The evolution of which of the following, over the past several decades, has created a robust technology for deriving image-based biomarkers that can be used to both visualize and quantify major COPD subtypes.

- A. MRI
- B. Ultrasound
- C. Chest CT
- D. Nuclear Medicine

84. The evidence is sufficient to infer that smoking is the **dominant** cause of _____ in men and women in the United States.

- A. asthma
- B. chronic obstructive pulmonary disease
- C. tuberculosis
- D. cough

85. Asthma is one of the **most** common chronic respiratory diseases, affecting approximately _____% of the U.S. population.

- A. 1-5
- B. 5-10
- C. 10-15
- D. 15-20

86. The mechanisms by which active smoking could contribute to the causation of asthma include which of the following?

- A. chronic airways inflammation,
- B. impaired mucociliary clearance
- C. impaired growth of the lungs during childhood, and increased bronchial hyperresponsiveness
- D. All of the above

87. The evidence is suggestive but **not** sufficient to infer a causal relationship between active smoking and the incidence of _____ in adults.

- A. asthma

- B. COPD
- C. cough
- D. cold

Chapter 8: Cardiovascular Diseases

88. _____ is an umbrella term for when blood supplied to the heart muscle is decreased or blocked, leading to a heart attack.

- A. Acute coronary syndrome
- B. Bronchitis
- C. Asthma
- D. COPD

89. _____ is a sympathomimetic agent that increases heart rate and cardiac contractility, transiently increasing blood pressure and constricting coronary arteries.

- A. Calcium
- B. Iron
- C. Nicotine
- D. Omega 3

90. An estimated 70–85% of sudden deaths are due to cardiac arrest from untreated _____.

- A. sinusitis
- B. cardiac arrhythmias
- C. COPD
- D. lupus

Chapter 9: Reproductive Outcomes

91. Tobacco use before and during pregnancy remains a major cause of reduced fertility as well as maternal, fetal, and infant morbidity and mortality.

- A. TRUE
- B. FALSE

92. The 1964 Surgeon General's report stated that infants of smokers are more likely than those of nonsmokers to be born at less than _____ grams.

- A. 2,500
- B. 1,500
- C. 1,000
- D. 500

93. Researchers have suggested that prenatal exposure to smoking impairs neurologic development and intellectual abilities through its effects on the _____.

- A. digestive system
- B. reproductive system
- C. respiratory system
- D. central nervous system

CHAPTER 10: Other Specific Outcomes

94. Age-related macular degeneration (AMD) is the leading cause of blindness for persons _____ years of age and older in the United States.

- A. 55
- B. 65
- C. 75
- D. 85

95. The evidence is suggestive and sufficient to infer a causal relationship between current and past smoking, especially heavy smoking, with risk of exudative (neovascular) age-related macular degeneration.

- A. TRUE

B. FALSE

96. In 2009, more than _____ billion was spent on dental care in the United States (National Center for Health Statistics 2012), and acute dental conditions resulted in an estimated 1.6 million days of missed school and 2.4 million days of lost work annually.

- A. \$102
- B. \$ 300
- C. \$ 500
- D. None of the above

97. The report concluded that the evidence was sufficient to infer a causal relationship between smoking and _____.

- A. periodontitis
- B. inflammation around the tooth
- C. gum inflammation
- D. all of the above

98. According to the report, multiple lines of evidence from animals and humans strongly support the hypothesis that cigarette smoking and exposure to nicotine can adversely affect insulin action and the function of pancreatic cells, both of which play fundamental roles in the pathogenesis of _____.

- A. pancreatitis
- B. gastritis
- C. diabetes
- D. high blood pressure

99. Smoking increases and impairs which of the following mechanisms that have been strongly implicated in the development of insulin resistance and irregularities in glucose metabolism?

- A. Inflammatory markers
- B. Oxidative stress
- C. Endothelial function
- D. All of the above

100. The risk of developing diabetes is _____ higher for active smokers than nonsmokers.

- A. 10-20%
- B. 20-30%
- C. 30-40%
- D. 45-50%

101. According to the report, the evidence is sufficient to infer a causal relationship between active smoking and respiratory symptoms in children and adolescents that includes which of the following?

- A. coughing
- B. phlegm
- C. wheezing and dyspnea
- D. All of the above

102. Active smoking causes which of the following injurious biologic processes that result in airway and alveolar injury? This injury, if sustained, ultimately leads to the development of chronic obstructive pulmonary disease.

- A. Oxidant stress,
- B. Inflammation,
- C. A protease-antiprotease imbalance
- D. All of the above

103. Cigarette smoke is a damaging and proinflammatory complex mixture that can also directly suppress innate and adaptive immune processes making it a highly unusual insult in the context of immunity.

- A. TRUE
- B. FALSE

104. Cigarette smoke disrupts the tight bonds at the adherent junctions between epithelial cells, compromising the integrity of the physical epithelial barrier and leading to _____ alveolar epithelial permeability.

- A. decreased
- B. increased
- C. obstructed

D. none of the above

105. Smoking compromises airway epithelial host defense by altering the lining fluid, usually by doing which of the following between airway epithelial cells?

- A. Chemical or oxidative inactivation
- B. Paralyzing ciliary beating
- C. Damaging the tight junctions
- D. All of the above

106. Cigarette smoking increases the number of macrophages in the alveolar space of smokers and patients with COPD and activates _____ to produce proinflammatory mediators, reactive oxygen species, and proteolytic enzymes.

- A. lymphocytes
- B. platelets
- C. Thrombocytes
- D. macrophages

107. _____ are centrally important immune initiators, regulators, and effectors.

- A. T cells
- B. Mast cells
- C. Dendritic Cells
- D. NK and NKT Cells

108. Which of the following conclusions can be drawn from the current knowledge about the impact of cigarette smoke on the immune system?

- A. Smoking affects components of the innate and adaptive immune system
- B. Cigarette smoke activates certain facets of the immune system
- C. Cigarette smoke suppresses certain facets of the immune system
- D. All of the above

109. Cigarette smoke impacts several key antiviral host defense mechanisms that likely contribute to _____ risk of respiratory viral infection.

- A. increased
- B. decreased
- C. zero
- D. lower

110. Consistent with the increased risk of bacterial infections, cigarette smoke can cause which of the following?

- A. Impairs the ability of macrophages to phagocytes
- B. Decreases antibacterial defense proteins
- C. Impairs the ability of phagocytic cell to kill cellular pathogens
- D. All of the above

111. Which of the following bacterial agents compromise bacterial host defense that is associated with an increased risk of infection and with COPD exacerbation?

- A. *S. pneumonia* and NTHi
- B. *Moraxella catarrhalis*
- C. *P. aeruginosa* and *M. tuberculosis*
- D. All of the above

112. The ability of _____ to mount an inflammatory attack is counter regulated by regulatory T cells whose activity is diminished by chronic smoking.

- A. lymphocytes
- B. platelets
- C. Thrombocytes
- D. macrophages

113. Smoking cigarettes is a risk factor for developing which of the following autoimmune diseases?

- A. Rheumatoid arthritis and SLE
- B. Multiple sclerosis and Graves' hyperthyroidism
- C. Primary biliary cirrhosis
- D. All of the above

114. Smoking is **not** associated with the progression of HIV disease, as measured by CD4+ cell counts and viral load. **However**, smoking increases the risk of developing which of the following in people who have HIV?

- A. Oral candidiasis
- B. Bacterial pneumonia
- C. Skin cancer
- D. A and B only

115. The evidence is sufficient to infer that cigarette smoke compromises immune homeostasis and that altered immunity is associated with an/a _____ risk for several disorders with an underlying immune diathesis.

- A. increased
- B. decreased
- C. zero
- D. lower

116. Cigarette smoking has been cited as the **most** conclusively established _____ risk factor for seropositive RA (rheumatoid arthritis).

- A. psychological
- B. sociological
- C. environmental
- D. None of the above

117. _____ is the hallmark of RA, but its systemic nature is manifested by the involvement of many other organs including skin, eyes, lungs, blood vessels, and bone marrow.

- A. Deforming arthritis
- B. Bursitis
- C. Tendinitis
- D. All of the above

118. The evidence is sufficient to infer the presence or absence of a causal relationship between cigarette smoking and systemic lupus erythematosus (SLE), the severity of SLE, or the response to therapy for SLE.

- A. TRUE
- B. FALSE

119. The incidence of Crohn's disease in North America ranges between _____ cases per 100,000 compared with 4–10 in Northern Europe, 1–5 in Southern Europe, and 0–4 in Africa, Asia, and Latin America.

- A. 3-10
- B. 5-10
- C. 4-16
- D. 6-20

120. The evidence is suggestive but **not** sufficient to infer a causal relationship between cigarette smoking and Crohn's disease.

- A. TRUE
- B. FALSE

Chapter 11: General Morbidity and All-Cause Mortality

121. Inhaling the complex chemical mixture of combustion compounds in tobacco smoke causes adverse health outcomes, particularly cancer and cardiovascular and pulmonary diseases, through mechanisms that include DNA damage, inflammation, and oxidative stress.

- A. TRUE
- B. FALSE

122. According to an analysis, current smokers were _____ more likely to have an absence from work than nonsmokers.

- A. 5%
- B. 10%
- C. 33%
- D. 80%

CHAPTER 12: Smoking-Attributable Morbidity, Mortality, and Economic Costs

123. The average annual SAM for the United States for 2010–2014 (Table 12.15) is at least _____ premature deaths caused by cigarette smoking and exposure to secondhand smoke.

- A. 350,000
- B. 480,000
- C. 550,000
- D. 600,000

124. The future probability that a young adult smoker would die prematurely of a smoking-related cause was estimated to be _____.

- A. 20%
- B. 25%
- C. 32%
- D. 40%

125. Evidence indicates that CHD is the underlying cause for approximately _____ of CHF cases and that smoking is a major contributing factor in the atherosclerotic disease process that leads to CHD.

- A. 65%
- B. 70%
- C. 75%
- D. 80%

126. Internationally, it has been estimated that approximately 15% of acute myocardial infarction events could be caused by exposure to secondhand smoke.

- A. TRUE
- B. FALSE

127. Approximately _____ million persons in the United States had an estimated 12.7 million smoking-attributable serious medical conditions in 2000.

- A. 5.6
- B. 6.6
- C. 7.6
- D. 8.6

128. Although the prevalence of smoking continues to decline in the United States, smoking-related health care expenditures still account for an estimated _____ % of the total health care expenditures in the United States.

- A. 5-14
- B. 6-15
- C. 7-16
- D. 8-17

Chapter 13: Patterns of Tobacco Use Among U.S. Youth, Young Adults, and Adults

129. After decades of limited use of smokeless tobacco, consumption rose between 1970 and the mid-1980s because of aggressive marketing to youth and young adult males.

- A. TRUE
- B. FALSE

130. _____ were a common form of tobacco use for much of the twentieth century, but after peaking around 1950, per capita consumption has shrunk dramatically.

- A. E-cigarettes
- B. Cigars
- C. Pipe
- D. none of the above

131. One of the most important findings from the 1994 and 2012 Surgeon General's reports on smoking and health was that virtually all cigarette smoking begins before _____ years of age.

- A. 18
- B. 44
- C. 56
- D. 65

Chapter 14: Current Status of Tobacco Control

132. The growth of laws regulating smoking in which of the following public locations has been a clear indicator of the changing social acceptability of smoking?

- A. schools and health care facilities
- B. public transportation
- C. government buildings, elevators, and restaurants
- D. all of the above

133. _____ is an organic compound, either derived from natural sources or synthesized, that is widely used in consumer and medicinal products, including cigarettes.

- A. Calcium
- B. Protein
- C. Menthol
- D. Iron

Chapter 15: The Changing Landscape of Tobacco Control—Current Status and Future Directions

134. Many factors are responsible for the rapid increase of cigarette smoking, but the _____ was the central driver.

- A. tobacco industry
- B. parental encouragement
- C. physician recommendation
- D. dietary requirements

135. _____ has required that 80% of the front and back of cigarette packs bear graphic warning labels.

- A. China
- B. Uruguay
- C. India
- D. Japan

Chapter 16: A Vision for Ending the Epidemic: Toward a Society Free of Tobacco-caused Death and Disease

136. More than twenty million Americans have died from smoking-attributable illnesses since 1964.

- A. TRUE
- B. FALSE