Human Sexuality 4th edition Hock Test Bank

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CHAPTER 2:
Sexual Anatomy
Total Assessment Guide (T.A.G.)

Topic	Question Type	Remember the Facts	Understand the Concepts	Apply What You Know
Introduction to Chapter	Multiple Choice		1	
	Essay			
Historical Perspectives	Multiple Choice	2	1	
	Essay			
2.1 The Male Sexual Body	Multiple Choice	3, 7, 12, 14, 17, 18, 19, 20, 21, 25, 26	6, 8, 10, 13, 16, 22, 29, 30	4, 5, 9, 11, 15, 23, 24, 27, 28, 31
	Essay	70		71
2.2 The Female Sexual Body	Multiple Choice	32, 34, 36, 39, 41, 42, 47, 49, 50, 51, 54	33, 45, 46, 48, 53, 55, 57, 58, 59	35, 37, 38, 40, 43, 44, 52, 56, 60
	Essay	72	73	
2.3 Menstruation	Multiple Choice	61, 63, 64, 67	62, 65	66, 68, 69
	Essay			74

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p. 68 Your Sexual Philosophy

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MULTIPLE CHOICE

1. The uterus was once perceived to be unclean and poisonous, able to wander through the woman's body causing illness and even suffocation. This condition was referred to as _____.
a. cervical cancer
b. premenstrual syndrome
c. menopause
d. hysteria

Answer: D
Difficulty Level: Easy
Topic: Historical Perspectives
Skill Level: Understand the Concepts

2. The vagina was once perceived to be _____.
a. an internal scrotum
b. a collection of seven cells
c. an inwardly inverted penile foreskin
d. retained testicles

Answer: C
Difficulty Level: Easy
Topic Historical Perspectives
Skill Level: Remember the Facts

3. The penis is responsible for _____.
a. ejaculating semen and transporting urine
b. producing semen and storing testosterone
c. housing the testicles and storing semen
d. secreting testosterone and triggering ejaculation

Answer: A
Difficulty Level: Easy
Topic: The Male Sexual Body
Skill Level: Remember the Facts

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4. Like a majority of men, the part of Abe's penis that is very sensitive to sexual stimulation is _____.
a. the penile glans
b. the corpora cavernosa
c. the underside of the scrotum
d. the epididymis

Answer: A
Difficulty Level: Easy
Topic: The Male Sexual Body
Skill Level: Apply What You Know

5. Like a majority of men, the raised ridge at the base of Zach's penile glans, called the _____, is somewhat more sexually sensitive than the rest of the tip of the penis.
a. penile shaft
b. corona
c. urethra
d. frenulum

Answer: B
Difficulty Level: Moderate
Topic: The Male Sexual Body
Skill Level: Apply What You Know

6. The loose skin of the _____ allows for expansion during erection.
a. penile glans
b. foreskin
c. penile shaft
d. corona

Answer: C
Difficulty Level: Moderate
Topic: The Male Sexual Body
Skill Level: Understand the Concepts

7. Rigidity of the penis resulting from an inflow of blood during sexual arousal is referred to as _____.
a. arousal
b. frenulum
c. circumcision
d. erection

Answer: D
Difficulty Level: Easy
Topic: The Male Sexual Body
Skill Level: Remember the Facts

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8. Male circumcision involves removal of the _____, which covers the glans of the penis.
a. foreskin
b. frenulum
c. corpora cavernosa
d. corona

Answer: A
Difficulty Level: Easy
Topic: The Male Sexual Body
Skill Level: Understand the Concepts

9. Bart is experiencing an erection. Which parts of his penis are engorged with blood?
a. urethra and frenulum
b. corpora cavernosa and corpus spongiosum
c. urethra and corpora cavernosa
d. frenulum and corpus spongiosum

Answer: B
Difficulty Level: Difficult
Topic: The Male Sexual Body
Skill Level: Apply What You Know

10. In men, the purpose of the _____ is to carry semen and urine from inside to outside the body.
a. frenulum
b. corpus spongiosum
c. urethra
d. corona

Answer: C
Difficulty Level: Moderate
Topic: The Male Sexual Body
Skill Level: Understand the Concepts

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11. Research about male circumcision reveals that _____.
a. the glans of a circumcised penis is more sensitive to sexual stimulation than the glans of an intact penis
b. the practice of circumcision is on the rise in the United States
c. the differences between circumcised and intact males in rates of urinary tract infections, penile irritations, and penile cancer are small or nonexistent
d. there is medical justification for circumcision of newborn males

Answer: C
Difficulty Level: Moderate
Topic: The Male Sexual Body
Skill Level: Apply What You Know

12. Which of the following statements is a myth concerning penis size?
a. A small flaccid or non-erect penis predicts a small erect penis.
b. Most partners of men don't care or think very much about penis size.
c. Penis size is not related to overall build, height, or nose size.
d. Exercising the penis does not cause an increase in size.

Answer: A
Difficulty Level: Moderate
Topic: The Male Sexual Body
Skill Level: Remember the Facts

13. The function of the scrotum is to _____.
a. support each testicle and encase the vas deferens
b. house and protect the testicles
c. produce sperm cells for reproduction
d. transport mature sperm cells during ejaculation

Answer: B
Difficulty Level: Moderate
Topic: The Male Sexual Body
Skill Level: Understand the Concepts

14. The _____ support(s) each testicle and encases the vas deferens, nerves, and muscles.
a. scrotum
b. prostate gland
c. seminiferous tubules
d. spermatic cords

Answer: D
Difficulty Level: Moderate
Topic: The Male Sexual Body
Skill Level: Remember the Facts

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15. How does a hot bath affect a man's fertility?
a. It keeps the testicles close to the man's body, thereby increasing sperm production.
b. It decreases the temperature in the scrotum, which decreases sperm production.
c. It raises the temperature in the scrotum, which decreases sperm production.
d. It creates the ideal temperature for sperm production.

Answer: C
Difficulty Level: Difficult
Topic: The Male Sexual Body
Skill Level: Apply What You Know

16. Which of the following describes a function of the testicles?
a. They encase the vas deferens.
b. They manufacture sperm cells.
c. They store mature sperm cells.
d. They produce seminal fluid.

Answer: B
Difficulty Level: Moderate
Topic: The Male Sexual Body
Skill Level: Understand the Concepts

17. The testicles are also called _____.
a. scrotal cords
b. seminiferous organs
c. epididymal sacs
d. male gonads

Answer: D
Difficulty Level: Moderate
Topic: The Male Sexual Body
Skill Level: Remember the Facts

18. Sperm cells require approximately _____ to mature before they are ready for ejaculation.
a. 74 days
b. 74 hours
c. 74 minutes
d. 74 months

Answer: A
Difficulty Level: Easy
Topic: The Male Sexual Body
Skill Level: Remember the Facts

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19. Sperm cells mature in the _____.
a. vas deferens
b. epididymis
c. seminal vesicles
d. prostate gland

Answer: B
Difficulty Level: Easy
Topic: The Male Sexual Body
Skill Level: Remember the Facts

20. Which of the following is the correct sequence regarding the route that sperm take on their journey out of a male's body?
a. testes, vas deferens, urethral opening, epididymis
b. testes, epididymis, vas deferens, urethral opening
c. vas deferens, testes, urethra, ejaculatory duct
d. epididymis, vas deferens, prostate gland, urethra

Answer: B
Difficulty Level: Difficult
Topic: The Male Sexual Body
Skill Level: Remember the Facts

21. In her human sexuality class, Elsa's professor probably explained to the class that the vas deferens is a _____.
a. structure where sperm cells are stored as they mature
b. structure where sperm cells are generated
c. tube through which mature sperm cells travel to the man's internal reproductive system
d. tube that produces seminal fluid

Answer: C
Difficulty Level: Moderate
Topic: The Male Sexual Body
Skill Level: Understand the Concepts

22. Some men, regardless of sexual orientation, enjoy having their _____ caressed manually during sexual activities.
a. gonads
b. anus
c. urethra
d. epididymis

Answer: B
Difficulty Level: Moderate
Topic: The Male Sexual Body
Skill Level: Understand the Concepts

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23. Miguel's physician taught him how to conduct a testicular self-examination. His physician probably told him _____.
a. to perform it after a warm bath or shower
b. to check for swelling on the prostate gland
c. to examine each testicle with only one hand
d. that it is abnormal if one testicle is slightly larger than the other

Answer: A
Difficulty Level: Moderate
Topic: The Male Sexual Body
Skill Level: Apply What You Know

24. Walid is going to have a vasectomy. As a result of this procedure, his _____ will be severed and sealed off.
a. ejaculatory duct
b. prostate gland
c. urethral bulb
d. vas deferens

Answer: D
Difficulty Level: Moderate
Topic: The Male Sexual Body
Skill Level: Apply What You Know

25. _____ is primarily produced by the seminal vesicles and prostate gland.
a. Testosterone
b. Estrogen
c. Smegma
d. Semen

Answer: D
Difficulty Level: Easy
Topic: The Male Sexual Body
Skill Level: Remember the Facts

26. The ejaculatory duct _____.
a. directs semen into the urethra
b. produces fluid that becomes part of the semen
c. produces sperm cells
d. directs sperm cells to the epididymis

Answer: A
Difficulty Level: Moderate
Topic: The Male Sexual Body
Skill Level: Remember the Facts

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27. Norman is sexually aroused and approaching ejaculation. As a result, his _____ is contracting, shutting off the possible flow of urine from his bladder.
a. seminal vesicle
b. ejaculatory duct
c. prostate gland
d. vas deferens

Answer: C
Difficulty Level: Difficult
Topic: The Male Sexual Body
Skill Level: Apply What You Know

28. Oliver was diagnosed with prostatitis. This means that he has _____.
a. cancer of the prostate gland
b. a bacterial infection
c. warts on the prostate gland
d. sores on the prostate gland

Answer: B
Difficulty Level: Moderate
Topic: The Male Sexual Body
Skill Level: Apply What You Know

29. When a man experiences an orgasm, semen is forced into the _____.
a. urethral bulb
b. prostate gland
c. scrotum
d. penile glans

Answer: A
Difficulty Level: Difficult
Topic: The Male Sexual Body
Skill Level: Understand the Concepts

30. The thick clear fluid that appears on the tip of the penis during sexual arousal is produced by the _____.
a. Cowper's glands
b. prostate gland
c. vas deferens
d. epididymis

Answer: A
Difficulty Level: Moderate
Topic: The Male Sexual Body
Skill Level: Understand the Concepts

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31. During sexual arousal, a small amount of clear, thick fluid appeared at the tip of Quincy's penis. This fluid is referred to as _____.
a. testosterone
b. sperm
c. estrogen
d. pre-ejaculate

Answer: D
Difficulty Level: Moderate
Topic: The Male Sexual Body
Skill Level: Apply What You Know

32. What are some of the structures that comprise the vulva?
a. vagina, ovaries, clitoris, and cervix
b. vagina, anus, labia majora, and ovaries
c. urethra, pubic hair, ovaries, and fallopian tubes
d. urethral opening, clitoral glans, labia majora, and labia minora

Answer: D
Difficulty Level: Moderate
Topic: The Female Sexual Body
Skill Level: Remember the Facts

33. A function of the _____ is to cushion the impact with the pubic bone during sexual intercourse.
a. labia minora
b. clitoris
c. mons veneris
d. labia majora

Answer: C
Difficulty Level: Moderate
Topic: The Female Sexual Body
Skill Level: Understand the Concepts

34. The _____ are smooth, hairless, inner lips of the vulva that are sensitive during sexual arousal.
a. labia minora
b. labia majora
c. clitoris
d. mons veneris

Answer: A
Difficulty Level: Easy
Topic: The Female Sexual Body
Skill Level: Remember the Facts

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35. While teaching about female orgasm, the professor of a human sexuality class probably taught the class that orgasms are triggered in most women by stimulation of the _____.
a. labia majora
b. urethral bulb
c. mons veneris
d. clitoral glans

Answer: D
Difficulty Level: Moderate
Topic: The Female Sexual Body
Skill Level: Apply What You Know

36. The tissue that partially or fully covers the clitoral glans is referred to as the _____.
a. clitoral hood
b. labia majora
c. labia minora
d. cura

Answer: A
Difficulty Level: Easy
Topic: The Female Sexual Body
Skill Level: Remember the Facts

37. The most common explanation for why researchers discovered the structure of the clitoris only recently is that _____.
a. there was a lack of money for research on female anatomy
b. people already understood how the clitoris worked
c. there was cultural hesitancy over detailed exploration of female sexuality and anatomy
d. researchers were more interested in sexual attitudes than in sexual anatomy

Answer: C
Difficulty Level: Moderate
Topic: The Female Sexual Body
Skill Level: Apply What You Know

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38. Female genital mutilation, a practice typically involving the removal of the clitoral glans and all or part of the labia minora of a prepubescent girl, illustrates all of the following with the exception of _____.

a. distinct cultural responses to female and male sexual activity
b. ritualistic practices with chronic, and sometimes fatal, health consequences
c. approaches to the treatment of medical conditions affecting women only, such as premenstrual dysphoric disorder
d. a high value placed on female virginity and the avoidance of sexual pleasure

Answer: C
Difficulty Level: Moderate
Topic: The Female Sexual Body
Skill Level: Apply What You Know

39. The urethral opening _____.
a. partially covers the clitoral glans
b. protects delicate genital structures
c. allows urine to pass from the body
d. expands greatly during pregnancy

Answer: C
Difficulty Level: Moderate
Topic: The Female Sexual Body
Skill Level: Remember the Facts

40. Joyce is experiencing symptoms such as pain and stinging during urination, frequent urination, slight fever, and pressure in her lower back. She probably has _____.
a. a urinary tract infection
b. premenstrual dysphoric disorder
c. premenstrual syndrome
d. cervical cancer

Answer: A
Difficulty Level: Moderate
Topic: The Female Sexual Body
Skill Level: Apply What You Know

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41. The _____ is a ring of tissue surrounding and partially covering the vaginal opening.
a. mons veneris
b. perineum
c. clitoral hood
d. hymen

Answer: D
Difficulty Level: Easy
Topic: The Female Sexual Body
Skill Level: Remember the Facts

42. Which of the following is a common myth about the hymen?
a. Some girls are born without a hymen.
b. Upon first sexual intercourse, the hymen will break and bleed.
c. Sperm cells can make their way past the hymen into the vagina.
d. The hymen may be perforated due to tampon insertion.

Answer: B
Difficulty Level: Moderate
Topic: The Female Sexual Body
Skill Level: Remember the Facts

43. Alma is concerned that she will be viewed as unmarriageable by her culture because her hymen is separated. As a result, she decided to have a _____ to restore her hymen to an intact-appearing state.
a. episiotomy
b. vasectomy
c. hymenorrhaphy
d. mammography

Answer: C
Difficulty Level: Easy
Topic: The Female Sexual Body
Skill Level: Apply What You Know

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44. During childbirth, Maria's physician cut her _____ to allow for easier passage of her daughter and less tearing of her vaginal opening.
a. hymen
b. frenulum
c. scrotum
d. perineum

Answer: D
Difficulty Level: Moderate
Topic: The Female Sexual Body
Skill Level: Apply What You Know

45. Which of the following is an accurate statement regarding episiotomies?
a. It is unnecessary during a routine birth.
b. It is routinely performed today.
c. The frenulum is cut during this procedure.
d. It is only performed during a cesarean section.

Answer: A
Difficulty Level: Difficult
Topic: The Female Sexual Body
Skill Level: Understand the Concepts

46. Breasts _____.
a. may provide sexual pleasure for men and women
b. are only part of the female anatomy
c. are sexually sensitive in relation to their size
d. do not vary in shape

Answer: A
Difficulty Level: Difficult
Topic: The Female Sexual Body
Skill Level: Understand the Concepts

47. Which of the following statements about breasts is factual?
a. Women's perceptions of their own breasts are not a determining factor in their overall body image and self-esteem.
b. The breasts of both men and women are parts of human sexual anatomy that are prone to cancer.
c. Stimulation of a woman's breasts is always a source of intense sexual pleasure.
d. Female breasts have no other purpose besides producing milk.

Answer: B
Difficulty Level: Moderate
Topic: The Female Sexual Body
Skill Level: Remember the Facts

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48. In addition to a personal level of breast self-awareness, women between the ages of 20 and 40 should _____.
a. have checkups by a health care professional every 3 years
b. not worry about problems with their breasts
c. only go to a health care professional if they experience extreme pain in the chest area
d. not examine their breasts if it makes them uncomfortable to do so

Answer: A
Difficulty Level: Easy
Topic: The Female Sexual Body
Skill Level: Understand the Concepts

49. The vagina _____.
a. is an inflexible canal, which may make it difficult for a man to remove his penis
b. normally emits an unpleasant odor
c. extends from the cervix to the fallopian tubes
d. is normally about 3 to 4 inches in length when a woman is not sexually aroused

Answer: D
Difficulty Level: Moderate
Topic: The Female Sexual Body
Skill Level: Remember the Facts

50. An especially sensitive area inside the vagina that some women have identified as enhancing sexual arousal is referred to as the _____.
a. cervix
b. G-spot
c. os
d. areola

Answer: B
Difficulty Level: Moderate
Topic: The Female Sexual Body
Skill Level: Remember the Facts

51. The _____ is the narrow bottom end of the uterus that connects the uterus to the vagina.
a. fallopian tube
b. endometrium
c. cervix
d. ovum

Answer: C
Difficulty Level: Moderate
Topic: The Female Sexual Body
Skill Level: Remember the Facts

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52. In order to collect and examine cervical cells for any abnormalities, _____.
a. a woman has to undergo a long procedure in a hospital
b. the vagina is held open with a speculum, and a few cells are gently swabbed or brushed from the cervix
c. a doctor shines a light into a woman's vagina and visually examines her cervix
d. a woman is given a swab and told to collect a sample of her own cervical cells

Answer: B
Difficulty Level: Moderate
Topic: The Female Sexual Body
Skill Level: Apply What You Know

53. In order to prevent or detect cervical cancer early, all girls and women should have a _____ three years after they begin having intercourse, or at age 21, regardless of sexual activity.
a. Pap test
b. mammogram
c. episiotomies
d. hysterectomy

Answer: A
Difficulty Level: Moderate
Topic: The Female Sexual Body
Skill Level: Understand the Concepts

54.The human papilloma virus is _____.
a. a medical condition caused by endometrial cells migrating outside the uterus
b. the primary cause of cervical cancer
c. uncommon and always has noticeable symptoms
d. curable

Answer: B
Difficulty Level: Moderate
Topic: The Female Sexual Body
Skill Level: Remember the Facts

55. During pregnancy, the fetus grows in the _____.
a. fallopian tubes
b. endometrium
c. ovaries
d. uterus

Answer: D
Difficulty Level: Moderate
Topic: The Female Sexual Body
Skill Level: Understand the Concepts

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56. Andrea has a painful medical condition caused by cells and tissues migrating outside the uterus into her abdominal cavity. Her condition is referred to as _____.
a. uterine cancer
b. cervical cancer
c. endometriosis
d. premenstrual dysphoric disorder

Answer: C
Difficulty Level: Moderate
Topic: The Female Sexual Body
Skill Level: Apply What You Know

57. Fertilization of the _____ occurs in the _____.
a. ovum; uterus
b. sperm; endometrium
c. ovum; fallopian tubes
d. ovary; cervix

Answer: C
Difficulty Level: Moderate
Topic: The Female Sexual Body
Skill Level: Understand the Concepts

58 An ectopic pregnancy is one in which a fertilized ovum attaches and begins to grow _____.
a. outside the uterus
b. inside the uterus
c. inside the scrotum
d. outside the scrotum

Answer: A
Difficulty Level: Moderate
Topic: The Female Sexual Body
Skill Level: Understand the Concepts

59. The term *gonads* refers to _____.
a. all male and female sex organs
b. an internal organ in men that is involved in reproduction
c. an external structure in women that is involved in reproduction
d. a sex organ in either men or women that produces cells for reproduction

Answer: D
Difficulty Level: Moderate
Topic: The Female Sexual Body
Skill Level: Understand the Concepts

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60. The physical changes that girls undergo at puberty as they mature into women are triggered by _____.
a. her age
b. the female hormones estrogen and progesterone
c. her height and weight
d. the composition of her diet

Answer: B
Difficulty Level: Difficult
Topic: The Female Sexual Body
Skill Level: Apply What You Know

61. The term used to describe the beginning of a girl's menstrual cycle as she enters puberty is _____.
a. menarche
b. menopause
c. ovulation
d. amenorrhea

Answer: A
Difficulty Level: Easy
Topic: Menstruation
Skill Level: Remember the Facts

62. The purpose of the menstrual cycle is to _____.
a. create sexual stimulation
b. foster the development of female sex characteristics
c. create conditions that allow for conception and pregnancy
d. cleanse the reproductive organs of bacteria

Answer: C
Difficulty Level: Easy
Topic: Menstruation
Skill Level: Understand the Concepts

63. _____ and _____ hormones act together to stimulate ovulation.
a. Luteinizing; progesterone
b. Progesterone; follicle-stimulating
c. Testosterone; luteinizing
d. Follicle-stimulating; luteinizing

Answer: D
Difficulty Level: Difficult
Topic: Menstruation
Skill Level: Remember the Facts

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64. During each menstrual cycle, _____ is/are shed through the cervix and vagina.
a. ovarian cysts
b. unused hormones
c. the thickened uterine lining
d. tissue from the fallopian tubes

Answer: C
Difficulty Level: Moderate
Topic: Menstruation
Skill Level: Remember the Facts

65. A cause of amenorrhea is _____.
a. tampon use
b. uterine fibroids
c. prostaglandin
d. eating disorders

Answer: D
Difficulty Level: Difficult
Topic: Menstruation
Skill Level: Understand the Concepts

66. Berneice has endometriosis, and because of it, she experiences extremely painful menstrual cramps. This is an example of _____.
a. amenorrhea
b. dysmenorrhea
c. toxic shock syndrome
d. abnormal uterine bleeding

Answer: B
Difficulty Level: Moderate
Topic: Menstruation
Skill Level: Apply What You Know

67. _____ is a set of symptoms that may occur just before and during the start of a woman's period, and includes irritability, depression, and bloating.
a. Premenstrual syndrome
b. Menopause
c. Perimenopause
d. Dysmenorrhea

Answer: A
Difficulty Level: Easy
Topic: Menstruation
Skill Level: Remember the Facts

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68. Compared to her sister, the symptoms of depression, mood swings, irritability and fatigue Zahara experiences every month prior to the onset of her period are severe and debilitating. Once properly diagnosed, Zahara seeks treatment for the condition of _____.
a. amenorrhea
b. premenstrual dysphoric disorder
c. major depression
d. dysmenorrhea

Answer: B
Difficulty Level: Difficult
Topic: Menstruation
Skill Level: Apply What You Know

69. Stella is 51; she has stopped ovulating and no longer has menstrual periods. She is in _____.
a. perimenopause
b. dysmenorrhea
c. menarche
d. menopause

Answer: D
Difficulty Level: Easy
Topic: Menstruation
Skill Level: Apply What You Know

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ESSAY

70. Identify and define four external structures of the male sexual anatomy.

Difficulty: Easy
Topic: The Male Sexual Body
Skill: Remember the Facts

Responses should consider:

The penis

- It's the primary male sexual organ.
- It has two jobs: to ejaculate semen and to transport urine from the inside of the body to the outside.
- It consists of the penile shaft, the foreskin (in uncircumcised men), the penile glans, the corona, the frenulum, and the urethral opening.

The scrotum

- It's a pouch of two layers of skin that hangs below and behind the penis.
- Its function is to house and protect the testicles and to help provide them with optimal conditions to produce sperm cells.
- It's divided into two sacs, one for each testicle.

The testicles

- Also called *testes.*
- The testicles float freely, one in each sac within the scrotum.
- Testicles are glands, referred to as *gonads*, which produce cells for reproduction.
- The primary function of the testicles is to manufacture sperm cells and secrete the male sex hormone, testosterone.

The anus

- The anus and the area around it contain nerve endings that are sensitive to stimulation and are considered by some men to be part of their sexual anatomy.
- The anal area and the walls of the rectum consist of delicate tissues that can be easily damaged during sexual activity.
- Such damage can create an easy route of transmission for blood-borne sexually-transmitted infections.
- Bacteria that exist normally and harmlessly in the anal area and rectum may cause infections if they are transferred to other parts of the anatomy.

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71. Discuss the prevalence of testicular cancer and three important issues related to this form of cancer. Explain the four steps in conducting a testicular self-examination.

Difficulty: Moderate
Topic: The Male Sexual Body
Skill: Apply What You Know

Responses should consider:

- Testicular cancer is the most frequently diagnosed cancer in men between the ages of 15 and 35; approximately 9,000 new cases were identified in the U.S. in 2013.
- The incidence of testicular cancer worldwide has increased more than 50% since 1970s.
- The average age at which it is diagnosed has been decreasing from 30 to under 25 years of age.
- There's a greater incidence of testicular cancer among men who work in certain professions (agricultural workers, miners, firefighters, and utility workers).
- This has led some researchers to suspect that exposure to environmental toxins may play an important role.
- Today, the average cure rate for testicular cancer is 90%, with a much greater success rate (nearly 99%) when the disease is diagnosed early.

Testicular self-examination:

1. Stand in front of a mirror; check for swelling on the scrotum skin.
2. Examine each testicle with both hands. Place the index and middle fingers under the testicle with the thumbs placed on top, and roll the testicle gently between the thumbs and fingers.
3. Find the epididymis. Once one becomes familiar with this structure, it is less likely to be mistaken for a suspicious lump. Cancerous lumps are usually found on the sides of the testicle, but can also show up on the front or at the bottom.
4. If you find a lump, see a doctor right away; only a physician can make a positive diagnosis.

72. Identify and define four external structures of the female sexual anatomy.

Difficulty: Easy
Topic: The Female Sexual Body
Skill: Remember the Facts

Responses should consider:

- The vulva, or female external genitals; components are the mons veneris, the labia majora, the labia minora, the urethral opening, the clitoral glans, the vaginal opening, the hymen, the perineum, and the anus.
- The mons veneris: it's a slightly raised layer of fatty tissue on the top of the pubic bone and is usually covered with public hair.

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- Part of its evolutionary function is theorized to cushion the impact with the pubic bone during sexual intercourse.
- The labia majora, or major lips: they are folds of skin and fatty tissue and extend from the mons down both sides of the vulva, past the vaginal opening to the perineum.
- The labia minora: they are smooth, hairless, and vary in size and shape from woman to woman. They are sexually sensitive; during sexual arousal they become engorged with blood, become moist, and darken in color.
- The clitoral glans and hood: at the top of the labia minora is the clitoral glans, which is the tip of the clitoris and the part that can be seen.
- It is typically covered partly or completely by the clitoral hood. Stimulation of the clitoral glans, either directly or indirectly, is primarily responsible for producing orgasm in most women.
- The clitoris: the clitoral shaft is about 0.5 inches in diameter and divides into two legs as it extends 3–4 inches into a woman's body. These shafts pass on either side of the urethra and vagina.
- The clitoris engorges with blood along its entire length, straightens out, and becomes erect during sexual activity.
- The urethral opening: it's the outside end of the tube leading from the bladder and is about halfway down the vulva, between the clitoris and the vagina.
- It's sensitive, and can provide pleasurable sexual sensations for some when stimulated.
- The hymen: it's a thin layer of tissue that partly covers or surrounds the vaginal opening.
- It's closely tied to the notion of female virginity.
- The condition of a woman's hymen does not indicate virginity.
- First intercourse usually causes little or no damage to the hymen.
- If it does tear, the trauma to the structure is minor and usually not painful.
- Pregnancy can still occur when the hymen is intact.

73. Identify and explain the four guiding principles of breast health awareness.

Difficulty: Moderate
Topic: The Female Sexual Body
Skill: Understand the Concepts

Responses should consider:

1. Know what is normal for you. Women should become familiar with their breasts so that if something changes in the appearance or feel, it will be easier to detect.
2. Look and feel. Some women are hesitant to touch their bodies or to look at themselves, especially at their sexual areas. When showering, bathing, or dressing, women should take the opportunity to feel and look at their breasts closely so they can learn how breast tissue changes normally during their normal hormonal cycle and be better able to spot changes if they occur.
3. Become aware of breast changes that may signal a problem. These include: a new, clearly-defined lump that has not been there all along; an unusual change in the

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outline, shape, or size of a breast; lumps, bumps, or swelling in one breast but not in the other that do not go away; unusual pain or discomfort that is focused in one part of a breast; nipple discharge, particularly if it is watery or bloody and is from only one breast; a nipple that has begun to pucker or retract inward.

4. Report any such changes immediately to your health care professional. Odds are that whatever change you detect is not cancer, but if it is, you'll be in the best possible position to treat it early and recover completely.

74. Define and identify the symptoms of premenstrual syndrome and premenstrual dysphoric disorder. Distinguish between these disorders and explain the treatment for premenstrual dysphoric disorder.

Difficulty: Moderate
Topic: Menstruation
Skill: Apply What You Know

Responses should consider:

PMS

- It's a set of symptoms that may occur during the days leading up to the start of a woman's period.
- It's caused by the cycling of hormones in a woman's body, which may affect some women emotionally and psychologically.
- Symptoms include dysphoria, mood swings, depression, irritability, tension, aggression, fatigue, headaches, breast soreness, abdominal cramping, backache, water retention, constipation, and specific food cravings.

PMDD

- It's a relatively rare but significantly more intense form of PMS that is now a proposed official clinical diagnosis.
- It differs from PMS in terms of the number and severity of symptoms.
- Diagnosis of PMDD applies only to those with the most serious and most debilitating symptoms.
- Diagnosis of PMDD requires that five or more of the following symptoms be present during the week before the start of menstruation, must vary over a woman's fertility cycle, and must be severe enough to seriously impair her relationships with others, interfere with work, school, and effective functioning in the normal activities of her daily life.
- Symptoms include:
  - major depressive symptoms
  - intense anxiety, tension
  - radical mood swings such as sudden sadness or increased sensitivity in social situations
  - persistent, extreme anger, irritability, or increased interpersonal conflicts
  - loss of interest in usual or favorite activities
  - poor concentration

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- fatigue, general lack of energy
- changes in appetite, such as overeating or cravings for specific foods
- difficulty sleeping or sleeping too much
- feeling overwhelmed or out of control
- physical symptoms such as bloating, breast tenderness, headaches, and muscle pains

Treatment of PMDD

- Treatment depends on many issues relating to a woman's specific symptoms, the seriousness of the overall symptomology, the individual patient's profile, and the treatment preferences of the doctor.
- The most effective treatment currently in use is one of the selective serotonin reuptake inhibitors, such as Prozac, Zoloft, Paxil, and Celexa.
- These drugs were originally developed to treat depression.
- They trigger changes in the brain's balance of neurotransmitter chemicals, particularly serotonin, and can significantly reduce both the psychological and physical symptoms commonly associated with PMDD for many women.
- There are other treatments that are somewhat beneficial, including dietary changes, various relaxation and stress-reduction strategies, hormone therapy, and regular exercise.

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