Discovering Human Sexuality 5th edition LeVay Test Bank

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Test Bank

to accompany

Discovering Human Sexuality, Fifth Edition

LeVay • Baldwin • Baldwin

Chapter 2: Women's Bodies

Multiple Choice

1. The scientific term used to describe the entire female external genital area is
a. mons.
b. labia.
c. vulva.
d. vagina.
e. perineum.
Answer: c
Key Concept: 2.1 A Woman's Vulva Includes Her Mons, Labia, Vaginal Opening, and Clitoris
Learning Objective: 2.1.1 Create a schematic drawing of the vulva and label its components.
Bloom's Level: 1. Remembering

2. A slim woman complains of external pain during intercourse when her partner lies on top of her. This may be due to very little fatty tissue of the
a. perineum.
b. mons.
c. clitoris.
d. labia minora.
e. labia majora.
Answer: b
Key Concept: 2.1 A Woman's Vulva Includes Her Mons, Labia, Vaginal Opening, and Clitoris
Learning Objective: 2.1.1 Create a schematic drawing of the vulva and label its components.
Bloom's Level: 2. Understanding

3. A woman who shaves off all of her public hair
a. increases the chance that sperm will penetrate the vagina.
b. decreases the risk of sexually transmitted diseases.
c. may be inadvertently lowering her fertility.
d. eliminates the mons.
e. reduces vaporizing odors that act as pheromones.
Answer: e
Key Concept: 2.1 A Woman's Vulva Includes Her Mons, Labia, Vaginal Opening, and Clitoris
Learning Objective: 2.1.1 Create a schematic drawing of the vulva and label its components.
Bloom's Level: 2. Understanding

4. Which response lists the parts of a woman's vulva from outermost to innermost?
a. Labia minora, clitoris, vaginal opening, mons

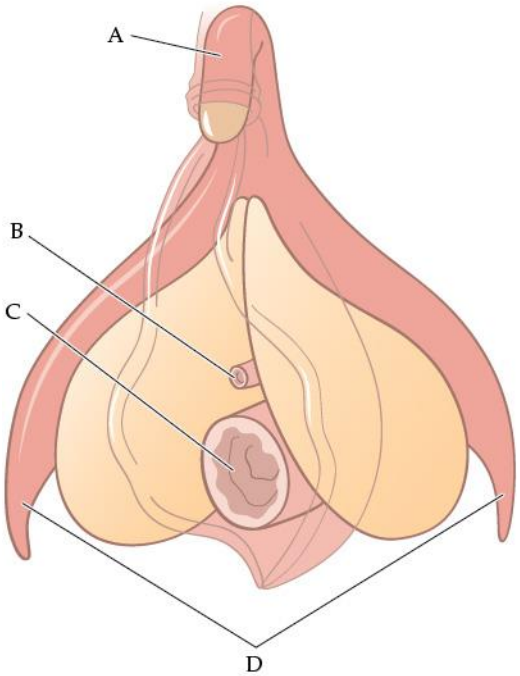
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b. Clitoris, vaginal opening, labia majora, mons
c. Vaginal opening, labia minora, mons, clitoris
d. Labia majora, mons, clitoris, vaginal opening
e. Mons, labia majora, labia minora, vaginal opening
Answer: e
Key Concept: 2.1 A Woman's Vulva Includes Her Mons, Labia, Vaginal Opening, and Clitoris
Learning Objective: 2.1.1 Create a schematic drawing of the vulva and label its components.
Bloom's Level: 2. Understanding

5. At puberty, a young woman shows signs of menstruation but produces no visible menstrual blood. She is experiencing abdominal pain. A doctor would likely check her for
a. a urethral blockage.
b. an imperforate hymen.
c. a torn perineum.
d. candidiasis.
e. a sealed pelvic floor.
Answer: b
Key Concept: 2.1 A Woman's Vulva Includes Her Mons, Labia, Vaginal Opening, and Clitoris
Learning Objective: 2.1.1 Create a schematic drawing of the vulva and label its components.
Bloom's Level: 3. Applying

6. Refer to the figure.



The correct labels for the lettered structures are
a. A: clitoral glans; B: vagina; C: anus; D: clitoral crura
b. A: clitoral glans; B: anus; C: vagina; D: inner labia
c. A: clitoral hood; B: urethra; C: vagina; D: corpora cavernosa

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d. A: clitoral shaft; B: urethra; C: vagina; D: clitoral crura
e. A: clitoral shaft; B: urethra; C: vulva; D: perineum
Answer: d
Key Concept: 2.1 A Woman's Vulva Includes Her Mons, Labia, Vaginal Opening, and Clitoris
Learning Objective: 2.1.2 Describe the parts of the clitoris and its role in sexual activity.
Bloom's Level: 1. Remembering

7. A key function of the clitoris is to
a. provide sexual pleasure for the female.
b. aid in the retention of sperm.
c. enhance excitement for the male.
d. provide lubrication to facilitate coitus.
e. facilitate female ejaculation.
Answer: a
Key Concept: 2.1 A Woman's Vulva Includes Her Mons, Labia, Vaginal Opening, and Clitoris
Learning Objective: 2.1.2 Describe the parts of the clitoris and its role in sexual activity.
Bloom's Level: 1. Remembering

8. During sexual arousal, erection of the _____ helps to lengthen and stiffen the vagina.
a. outer labia
b. glans
c. Bartholin's glands
d. birth canal
e. vestibular bulbs
Answer: e
Key Concept: 2.1 A Woman's Vulva Includes Her Mons, Labia, Vaginal Opening, and Clitoris
Learning Objective: 2.1.2 Describe the parts of the clitoris and its role in sexual activity.
Bloom's Level: 2. Understanding

9. Which statement correctly describes the clitoris?
a. It is made up of only a tiny, pearl-size structure called the glans.
b. It is located deep within the vaginal wall.
c. It is absent from birth in many women.
d. It becomes larger and firmer with sexual arousal.
e. It cannot be seen or felt.
Answer: d
Key Concept: 2.1 A Woman's Vulva Includes Her Mons, Labia, Vaginal Opening, and Clitoris
Learning Objective: 2.1.2 Describe the parts of the clitoris and its role in sexual activity.
Bloom's Level: 2. Understanding

10. The glans of the clitoris is typically visible in a non-aroused state but often disappears with sexual arousal. What physical changes during arousal would explain this?
a. The clitoral hood enlarges as it fills with blood.
b. The glans stiffens and enlarges during arousal.
c. The glans releases smegma during arousal.
d. The corpora cavernosa empties.

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e. The vestibular bulbs shrink.
Answer: a
Key Concept: 2.1 A Woman's Vulva Includes Her Mons, Labia, Vaginal Opening, and Clitoris
Learning Objective: 2.1.2 Describe the parts of the clitoris and its role in sexual activity.
Bloom's Level: 3. Applying

11. A woman's _____ shows the most structural and functional similarity to a man's penis.
a. vagina
b. clitoris
c. outer labia
d. inner labia
e. mons
Answer: b
Key Concept: 2.1 A Woman's Vulva Includes Her Mons, Labia, Vaginal Opening, and Clitoris
Learning Objective: 2.1.2 Describe the parts of the clitoris and its role in sexual activity.
Bloom's Level: 2. Understanding

12. Piercing the clitoral hood or labia
a. is losing popularity in the United States.
b. is illegal in the United States.
c. may increase sexual stimulation.
d. indicates deep psychological problems.
e. is considered a form of female circumcision.
Answer: c
Key Concept: 2.1 A Woman's Vulva Includes Her Mons, Labia, Vaginal Opening, and Clitoris
Learning Objective: 2.1.2 Describe the parts of the clitoris and its role in sexual activity.
Bloom's Level: 2. Understanding

13. The type of female circumcision called infibulation involves removal of the
a. cervix.
b. entire labia majora.
c. entire labia minora.
d. crura.
e. vestibule.
Answer: c
Key Concept: 2.1 A Woman's Vulva Includes Her Mons, Labia, Vaginal Opening, and Clitoris
Learning Objective: 2.1.2 Describe the parts of the clitoris and its role in sexual activity.
Bloom's Level: 2. Understanding

14. Female circumcision (or female genital cutting) is illegal in the United States. Given that, why might the American Academy of Pediatrics have once considered recommending the legalization of the least invasive form of the practice?
a. To reduce the incentive for parents to send their daughters to their native countries for more invasive and risky procedures.
b. To stop families in other countries from practicing infibulation
c. To reduce the harsh criminal penalties for all forms of female circumcision

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d. To make proper hygiene possible
e. To emphasize an ethical difference between harmless and harmful forms of female circumcision.
Answer: a
Key Concept: 2.1 A Woman's Vulva Includes Her Mons, Labia, Vaginal Opening, and Clitoris
Learning Objective: 2.1.2 Describe the parts of the clitoris and its role in sexual activity.
Bloom's Level: 4. Analyzing

15. Why might a young girl in the United States choose genital cutting, even though the practice is against U.S. law?
a. It may reduce the risk of rape.
b. It may be an important part of her culture.
c. It will protect her from sexually transmitted diseases.
d. It is an effective form of birth control.
e. It establishes that she is sexually off limits to men.
Answer: b
Key Concept: 2.1 A Woman's Vulva Includes Her Mons, Labia, Vaginal Opening, and Clitoris
Learning Objective: 2.1.2 Describe the parts of the clitoris and its role in sexual activity.
Bloom's Level: 2. Understanding

16. A yeast infection, or candidiasis, is the result of
a. overreliance on vaginal lubricants.
b. unprotected sex.
c. overactive mucosa.
d. a mildly acidic vagina.
e. an overgrowth of fungal organisms.
Answer: e
Key Concept: 2.1 A Woman's Vulva Includes Her Mons, Labia, Vaginal Opening, and Clitoris
Learning Objective: 2.1.3 Explain how microorganisms contribute to the health or disorders of the vagina.
Bloom's Level: 2. Understanding

17. An anxious teenager consistently notices increased vaginal discharge about a week after her period. She is not experiencing pain, itching, or unusual odor. Her doctor is likely to tell her that
a. changes in cervical mucus are normal during the menstrual cycle.
b. changes in cervical mucus are unusual in healthy women.
c. her symptoms suggest an easily treatable yeast infection.
d. she should be tested for cancer with a Pap smear.
e. the increased discharge suggests endometriosis.
Answer: a
Key Concept: 2.1 A Woman's Vulva Includes Her Mons, Labia, Vaginal Opening, and Clitoris
Learning Objective: 2.1.3 Explain how microorganisms contribute to the health or disorders of the vagina.
Bloom's Level: 3. Applying

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18. A woman visits her doctor because urine leaks when she sneezes and she has had difficulty attaining orgasm since the birth of her child. Her doctor is likely to diagnose
a. a swollen paraurethral gland.
b. cervical cancer.
c. infibulation.
d. weak pelvic floor muscles.
e. a septate hymen.
Answer: d
Key Concept: 2.1 A Woman's Vulva Includes Her Mons, Labia, Vaginal Opening, and Clitoris
Learning Objective: Not aligned
Bloom's Level: 3. Applying

19. Which portion of the female reproductive tract is likely to become stretched during childbirth?
a. Paraurethral gland
b. Clitoris
c. Vagina
d. Bladder
e. Urethral opening
Answer: c
Key Concept: 2.1 A Woman's Vulva Includes Her Mons, Labia, Vaginal Opening, and Clitoris
Learning Objective: Not aligned
Bloom's Level: 2. Understanding

20. The _____ is a controversial area of heightened sensitivity on the front wall of the vagina.
a. glans
b. perineum
c. Gräfenberg spot (G-spot)
d. urethra
e. hymen
Answer: c
Key Concept: 2.1 A Woman's Vulva Includes Her Mons, Labia, Vaginal Opening, and Clitoris
Learning Objective: Not aligned
Bloom's Level: 1. Remembering

21. A possible anatomical basis for the G-spot is the
a. paraurethral glands.
b. internal sphincter muscles.
c. external sphincter muscles.
d. pubococcygeus muscle.
e. perineum.
Answer: a
Key Concept: 2.1 A Woman's Vulva Includes Her Mons, Labia, Vaginal Opening, and Clitoris
Learning Objective: Not aligned
Bloom's Level: 2. Understanding

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22. A woman who wants to have anal sex is having difficulty relaxing her anus enough to make penetration comfortable. Which technique is likely to be the most effective solution?
a. Squeezing and releasing her external sphincter each day to build strength
b. Squeezing and releasing her internal sphincter each day to build strength
c. Lubricating her rectum
d. Practicing penetration with narrow objects to develop voluntary control over her external sphincter
e. Practicing penetration with narrow objects to develop voluntary control over her internal sphincter
Answer: e
Key Concept: 2.2 The Anus Can Also Be a Sex Organ
Learning Objective: 2.2.1 Describe the functional difference between the external and internal anal sphincters.
Bloom's Level: 4. Analyzing

23. Why do most women need a lubricant in order to engage in anal sex comfortably?
a. Because women in general do not find anal sex arousing.
b. Because this woman in particular does not find anal sex arousing.
c. Because she has not yet learned how to relax her external sphincter.
d. Because the anal mucosa does not produce much lubrication.
e. Because her vagina is producing a below-average amount of lubrication.
Answer: d
Key Concept: 2.2 The Anus Can Also Be a Sex Organ
Learning Objective: 2.2.2 Explain why anal sex often requires use of a lubricant.
Bloom's Level: 3. Applying

24. Which statement about anal sex is true?
a. Only homosexual men engage in anal penetration.
b. Anal stimulation is pleasurable for men but not for women.
c. Condoms do not offer protection against STIs during anal sex.
d. The internal sphincter muscles open easily during anal sex.
e. Anal sex typically requires use of a lubricant.
Answer: e
Key Concept: 2.2 The Anus Can Also Be a Sex Organ
Learning Objective: 2.2.2 Explain why anal sex often requires use of a lubricant.
Bloom's Level: 2. Understanding

25. Jane is in labor but her uterine contractions are too weak for a successful delivery. Her doctor gives her the drug Pitocin, which increases contraction strength. To have this effect, Pitocin must stimulate the
a. myometrium.
b. endometrium.
c. perimetrium.
d. pubococcygeus muscles.
e. cervix.

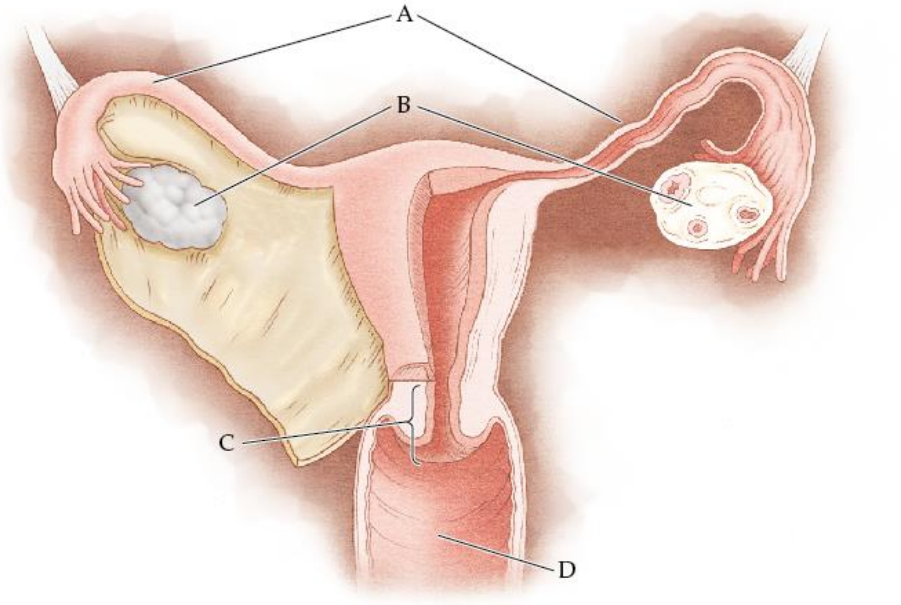
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Answer: a
Key Concept: 2.3 The Uterus Serves a Double Duty
Learning Objective: 2.3.1 Create a schematic drawing of the female reproductive tract and label its components.
Bloom's Level: 3. Applying

26. Many pregnant women find themselves needing to urinate frequently. One reason for this is that
a. the uterus becomes too weak to support the bladder during pregnancy.
b. the uterus sits on top of the bladder.
c. the bladder is connected to the vestibule.
d. the urethra originates in the uterus.
e. the perineum becomes heavier during pregnancy.
Answer: b
Key Concept: 2.3 The Uterus Serves a Double Duty
Learning Objective: 2.3.1 Create a schematic drawing of the female reproductive tract and label its components.
Bloom's Level: 4. Analyzing

27. Refer to the figure



The correct labels for the lettered structures are
a. A: fimbria; B: ovaries; C: vagina; D: rectum
b. A: oviducts; B: ovaries; C: cervix; D: vagina
c. A: oviducts; B: fibroids; C: endometrium; D: perimetrium
d. A: fimbria; B: fibroids; C: vagina; D: cervix
e. A: endometrium; B: fimbria; C: cervix; D: rectum
Answer: b

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Key Concept: 2.3 The Uterus Serves a Double Duty
Learning Objective: 2.3.1 Create a schematic drawing of the female reproductive tract and label its components.
Bloom's Level: 1. Remembering

28. Tubal ligation involves cutting or blocking a woman's fallopian tubes. Why would this procedure prevent pregnancy?
a. It stops the release of sex hormones.
b. It prevents the release of eggs during ovulation.
c. It inhibits the thickening of the endometrium.
d. It keeps sperm from reaching eggs.
e. It blocks entry of sperm into the uterus.
Answer: d
Key Concept: 2.3 The Uterus Serves a Double Duty
Learning Objective: 2.3.1 Create a schematic drawing of the female reproductive tract and label its components.
Bloom's Level: 4. Analyzing

29. The fimbria, the flared opening to the oviduct,
a. is the route by which sperm enter the oviduct.
b. produces mucus in the cervix.
c. hinders migration of disease-causing organisms.
d. helps draw the ovum into the oviduct.
e. releases ova during ovulation.
Answer: d
Key Concept: 2.3 The Uterus Serves a Double Duty
Learning Objective: 2.3.1 Create a schematic drawing of the female reproductive tract and label its components.
Bloom's Level: 2. Understanding

30. Tiffany is a 22-year-old woman who has had the HPV vaccine. How will this change her medical needs?
a. She now has a lower risk of cervical cancer risk and will never need a Pap test.
b. She now has a lower risk of cervical cancer but will still need Pap tests starting at age 65.
c. She now has a lower risk of cervical cancer but will still need a Pap test every three years.
d. She faces a higher risk of cervical cancer and will need an annual Pap test.
e. She faces a higher risk of cervical cancer and will need an annual colposcopy.
Answer: c
Key Concept: 2.3 The Uterus Serves a Double Duty
Learning Objective: 2.3.2 Describe the purpose of the Pap test and how it is performed.
Bloom's Level: 3. Applying

31. A 30-year-old woman experiences intense abdominal pain. It is worst during her period but also occurs during ovulation. She has been unable to conceive a child despite several years of trying. The most likely diagnosis is
a. cervical cancer.

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b. ovarian cancer.
c. fibroids.
d. endometriosis.
e. uterine prolapse.
Answer: d
Key Concept: 2.3 The Uterus Serves a Double Duty
Learning Objective: 2.3.3 Explain the differences between uterine polyps, uterine fibroids, and endometriosis.
Bloom's Level: 3. Applying

32. A gynecologist believes that an overweight 40-year-old mother of three is at risk of uterine prolapse. What treatment is the doctor likely to recommend?
a. Colposcopy
b. Hysterectomy
c. Cervical exercises
d. Kegel exercises
e. Estrogen injections
Answer: d
Key Concept: 2.3 The Uterus Serves a Double Duty
Learning Objective: 2.3.3 Explain the differences between uterine polyps, uterine fibroids, and endometriosis.
Bloom's Level: 3. Applying

33. A woman is considering a hysterectomy due to severe endometrial bleeding that has resisted other treatment options. Which option would be the most likely to solve the problem while also preserving her enjoyment of sex and minimizing the risk of osteoporosis?
a. Removal of the uterus, cervix, and ovaries
b. Removal of the cervix and ovaries
c. Removal of the uterus and cervix
d. Removal of the uterus and ovaries
e. Removal of the uterus only
Answer: e
Key Concept: 2.3 The Uterus Serves a Double Duty
Learning Objective: 2.3.4 Evaluate the pros and cons of (a) removing the entire uterus, (b) conserving the cervix, and (c) removing the ovaries along with the uterus (assuming a woman's uterus needs to be removed).
Bloom's Level: 4. Analyzing

34. Which statement correctly describes ovarian structure and function?
a. Females are born with about a million undeveloped ova in each ovary.
b. Ova are first formed during puberty.
c. Most women release approximately 250,000 ova during their lifetimes.
d. Ova are stored in follicles until puberty.
e. Both ovaries release an egg cell during each menstrual cycle.
Answer: a
Key Concept: 2.4 The Ovaries Produce Ova and Sex Hormones

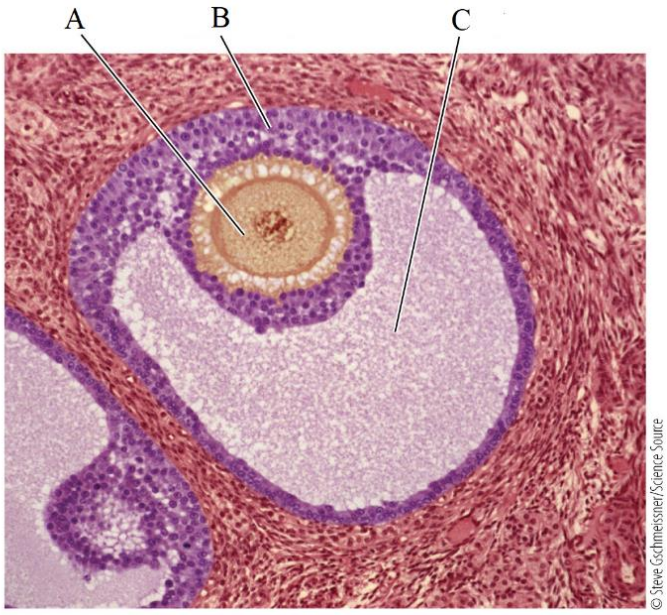
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Learning Objective: 2.4.1 Explain the two functions of the ovaries.
Bloom's Level: 2. Understanding

35. A young woman has had both of her ovaries removed. Which outcome is most likely?
a. She will develop polycystic ovary syndrome.
b. She will menstruate more frequently than before the surgery.
c. Her doctor will prescribe hormones to replace those she can no longer produce.
d. Her doctor will prescribe birth control pills to prevent pregnancy.
e. She will experience early menarche.
Answer: c
Key Concept: 2.4 The Ovaries Produce Ova and Sex Hormones
Learning Objective: 2.4.1 Explain the two functions of the ovaries.
Bloom's Level: 4. Analyzing

36. Refer to the figure.



This is a microscopic view of an ovarian follicle. The correct labels for the lettered structures are
a. A: ovum; B: supporting cells; C: cavity
b. A: cavity; B: ovary; C: ovum
c. A: ovum; B: oviduct; C: os
d. A: ovary; B: supporting cells; C: ovum
e. A: os; B: ovum; C: fimbria
Answer: a
Key Concept: 2.4 The Ovaries Produce Ova and Sex Hormones
Learning Objective: 2.4.2 Draw and label a mature ovarian follicle.
Bloom's Level: 1. Remembering

37. A woman is experiencing painful ovarian cysts. What is the most likely cause of this problem?

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a. Her ova have expanded beyond their normal size.
b. Her ovarian follicles each contain a large number of ova.
c. She is not secreting enough androgens.
d. Her ovarian follicles have grown larger than usual.
e. She has ovarian cancer.
Answer: d
Key Concept: 2.4 The Ovaries Produce Ova and Sex Hormones
Learning Objective: 2.4.2 Draw and label a mature ovarian follicle.
Bloom's Level: 3. Applying

38. A seven-year-old girl is showing signs of early puberty. She may have abnormally high levels of
a. androgens.
b. estrogens.
c. progestins.
d. testosterone.
e. oxytocin.
Answer: b
Key Concept: 2.4 The Ovaries Produce Ova and Sex Hormones
Learning Objective: 2.4.3 Name the hormones secreted by the ovaries and describe their functions.
Bloom's Level: 3. Applying

39. A primary function of progesterone is
a. promoting pubertal development.
b. increasing sexual desire.
c. preparing the body for lactation.
d. controlling the release of estrogen.
e. maintaining pregnancy.
Answer: e
Key Concept: 2.4 The Ovaries Produce Ova and Sex Hormones
Learning Objective: 2.4.3 Name the hormones secreted by the ovaries and describe their functions.
Bloom's Level: 1. Remembering

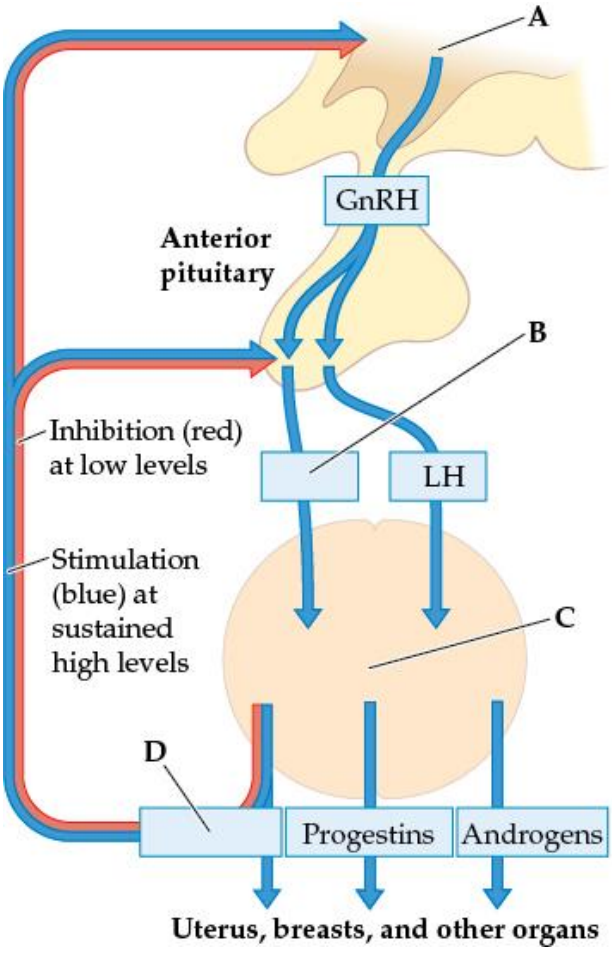
40. Which woman is at the greatest risk for developing ovarian cancer?
a. A 35-year-old who has given birth to three children
b. A 45-year-old who used oral contraceptives for a decade
c. A 55-year-old with lower-than-average body weight
d. A 65-year-old with no children and a family history of breast cancer
e. A 70-year-old who entered puberty late and began menopause early
Answer: d
Key Concept: 2.4 The Ovaries Produce Ova and Sex Hormones
Learning Objective: 2.4.3 Name the hormones secreted by the ovaries and describe their functions.
Bloom's Level: 4. Analyzing

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41. Women with polycystic ovary syndrome have abnormally high levels of androgens. In addition to fertility difficulties and male-like patterns of body hair, which other symptom might you expect?
a. Decreased sex drive
b. Early onset of menarche
c. Greater likelihood of becoming pregnant with twins
d. Male pattern baldness
e. Increased breast size
Answer: d
Key Concept: 2.4 The Ovaries Produce Ova and Sex Hormones
Learning Objective: 2.4.3 Name the hormones secreted by the ovaries and describe their functions.
Bloom's Level: 4. Analyzing

42. Refer to the figure.



This diagram is of the feedback loop that controls female hormone production. The correct labels for the lettered structures and hormones are
a. A: hypothalamus; B: oxytocin; C: ovary; D: gonadotropins

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b. A: thalamus; B: releasing hormones; C: ovary; D: gonadotropins
c. A: posterior pituitary gland; B: oxytocin; C: ovum; D: releasing hormones
d. A: posterior pituitary gland; B: testosterone; C: ovum; D: releasing hormones
e. A: hypothalamus; B: follicle-stimulating hormone (FSH); C: ovary; D: estrogens
Answer: e
Key Concept: 2.4 The Ovaries Produce Ova and Sex Hormones
Learning Objective: 2.4.4 Create a diagram illustrating the hormonal interactions between the hypothalamus, the anterior pituitary gland, and the ovaries.
Bloom's Level: 1. Remembering

43. Which is the most likely consequence of a decline in production of gonadotropin-releasing hormone?
a. Over-stimulation of the anterior pituitary gland
b. Increased production of follicle-stimulating hormone
c. Decreased production of luteinizing hormone
d. More frequent ovulation
e. Higher levels of androgens in the bloodstream
Answer: c
Key Concept: 2.4 The Ovaries Produce Ova and Sex Hormones
Learning Objective: 2.4.4 Create a diagram illustrating the hormonal interactions between the hypothalamus, the anterior pituitary gland, and the ovaries.
Bloom's Level: 4. Analyzing

44. Which statement correctly describes menstruation?
a. Some women menstruate while pregnant.
b. The uterus sheds endometrial tissue during menstruation.
c. A woman's menstrual cycle rarely varies.
d. Breastfeeding women cannot menstruate.
e. Menstrual cycles are more regular during the teen years than the young adult years.
Answer: b
Key Concept: 2.5 Menstruation Is a Biological Process with Cultural and Practical Aspects
Learning Objective: 2.5.1 Create a diagram showing the phases of the menstrual cycle and the approximate number of days for each phase.
Bloom's Level: 1. Remembering

45. Kayla hopes to get pregnant and has been monitoring cervical secretions to predict ovulation. On which days is she most fertile?
a. On days with no secretions
b. On days with cloudy, sticky secretions
c. On days with thin, stretchy, and abundant secretions
d. On days with thick, white secretions
e. On days with secretions of any type
Answer: c
Key Concept: 2.5 Menstruation is a Biological Process with Cultural and Practical Aspects
Learning Objective: 2.5.1 Create a diagram showing the phases of the menstrual cycle and the approximate number of days for each phase.

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Bloom's Level: 3. Applying

46. Which answer places the phases of the menstrual cycle in the correct order, with the correct approximate durations?
a. Menstrual (5 days), luteal (5 days), follicular (18 days)
b. Menstrual (2 days), luteal (16 days), follicular (10 days)
c. Menstrual (4 days), luteal (14 days), follicular (18 days)
d. Menstrual (2 days), follicular (18 days), luteal (8 days)
e. Menstrual (5 days), follicular (9 days), luteal (14 days)
Answer: e
Key Concept: 2.5 Menstruation is a Biological Process with Cultural and Practical Aspects
Learning Objective: 2.5.1 Create a diagram showing the phases of the menstrual cycle and the approximate number of days for each phase.
Bloom's Level: 1. Remembering

47. During the preovulatory phase of the menstrual cycle,
a. follicles mature in the ovaries.
b. the uterus sheds the endometrium.
c. levels of progesterone and estrogen drop.
d. the corpus luteum rapidly degenerates.
e. menstruation occurs.
Answer: a
Key Concept: 2.5 Menstruation is a Biological Process with Cultural and Practical Aspects
Learning Objective: 2.5.1 Create a diagram showing the phases of the menstrual cycle and the approximate number of days for each phase.
Bloom's Level: 2. Understanding

48. For a few days each month, Destiny feels more sexual desire than usual. This likely occurs when
a. her androgen levels peak.
b. her progesterone levels peak.
c. her follicle stimulating hormone peaks.
d. her pituitary gonadotropins fall to their lowest levels.
e. her estradiol falls to its lowest level.
Answer: a
Key Concept: 2.5 Menstruation Is a Biological Process with Cultural and Practical Aspects
Learning Objective: 2.5.2 Create a schematic diagram showing how the circulating levels of progesterone, estradiol, and testosterone vary throughout the cycle.
Bloom's Level: 3. Applying

49. For the last two days, Ashley has had high levels of estrogen, luteinizing hormone, and follicle-stimulating hormone, suggesting
a. she is about to menstruate.
b. she is currently menstruating.
c. she is about to ovulate.
d. her progesterone levels should also be peaking.

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e. her testosterone levels should be especially low.
Answer: c
Key Concept: 2.5 Menstruation Is a Biological Process with Cultural and Practical Aspects
Learning Objective: 2.5.2 Create a schematic diagram showing how the circulating levels of progesterone, estradiol, and testosterone vary throughout the cycle.
Bloom's Level: 3. Applying

50. A non-profit organization wants to make it easier for girls from a rural African community to attend school while menstruating. Which approach is most likely to be effective?
a. They should encourage girls to use freely available items, such as corn cobs, to block menstrual flow.
b. They should encourage girls to use tampons, as that is typically the cheapest option.
c. They should educate girls about the benefits of disposable sanitary napkins.
d. They should increase access to reusable liners.
e. They should encourage free-bleeding, which is more acceptable in many cultures than the use of menstrual supplies.
Answer: d
Key Concept: 2.5 Menstruation Is a Biological Process with Cultural and Practical Aspects
Learning Objective: 2.5.3 Discuss examples of contrasting cultural attitudes toward menstruation.
Bloom's Level: 4. Analyzing

51. A woman experiencing high fever, vomiting, diarrhea, and rash after a recent use of tampons should be checked for
a. toxoplasmosis.
b. toxic shock syndrome.
c. dysmenorrhea.
d. candidiasis.
e. amenorrhea.
Answer: b
Key Concept: 2.5 Menstruation is a Biological Process with Cultural and Practical Aspects
Learning Objective: 2.5.4 List possible practices and treatments to alleviate PMS
Bloom's Level: 3. Applying

52. What treatment would be most likely to reduce pain from primary dysmenorrhea?
a. Taking oral contraceptives
b. Having an IUD inserted
c. Decreasing calcium intake
d. Minimizing physical activity
e. Switching from pads to tampons
Answer: a
Key Concept: 2.5 Menstruation Is a Biological Process with Cultural and Practical Aspects
Learning Objective: 2.5.4 List possible practices and treatments to alleviate PMS.
Bloom's Level: 3. Analyzing

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53. A 28-year-old woman with two children has been suffering from severe menstrual pain for six months despite never having painful periods in the past. This condition is called
a. amenorrhea.
b. premenstrual syndrome.
c. secondary dysmenorrhea.
d. primary dysmenorrhea.
e. premenstrual dysphoric disorder.
Answer: c
Key Concept: 2.5 Menstruation Is a Biological Process with Cultural and Practical Aspects
Learning Objective: 2.5.4 List possible practices and treatments to alleviate PMS
Bloom's Level: 3. Applying

54. Premenstrual syndrome is
a. likely to affect about five percent of women.
b. associated with intense anger.
c. less intense than media portrayals suggest.
d. less common than premenstrual dysphoric disorder.
e. not a real syndrome.
Answer: c
Key Concept: 2.5 Menstruation Is a Biological Process with Cultural and Practical Aspects
Learning Objective: 2.5.4 List possible practices and treatments to alleviate PMS
Bloom's Level: 2. Understanding

55. A woman suffering from anorexia nervosa may stop menstruating because
a. she no longer produces androgens.
b. she has so little body fat.
c. she has developed dysmenorrhea.
d. she is not drinking enough fluids.
e. her reproductive organs have been damaged.
Answer: b
Key Concept: 2.5 Menstruation Is a Biological Process with Cultural and Practical Aspects
Learning Objective: 2.5.5 List the reasons that might cause menstruation to cease in a woman who has previously menstruated normally.
Bloom's Level: 2. Understanding

56. What information would be most important for a doctor to share with a breastfeeding woman?
a. She will not get her period and cannot become pregnant until she stops breastfeeding.
b. She may get her period but cannot become pregnant until she stops breastfeeding.
c. She may become pregnant before her period returns.
d. Her period will not return until she returns to her pre-pregnancy level of body fat.
e. She is likely to experience heavier menstrual bleeding than usual.
Answer: c
Key Concept: 2.5 Menstruation Is a Biological Process with Cultural and Practical Aspects
Learning Objective: 2.5.5 List the reasons that might cause menstruation to cease in a woman who has previously menstruated normally.

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Bloom's Level: 4. Analyzing

57. Which statement about women's breasts is true?
a. Producing milk is the only function of breasts.
b. Breasts vary in size from woman to woman due mostly to the number of alveoli present.
c. Women with large breasts experience more pleasure during sexual stimulation.
d. Women sometimes have extra nipples or even extra breasts.
e. Women who have very small breasts generally cannot produce enough milk for a baby.
Answer: d
Key Concept: 2.6 The Breasts Have Both Erotic and Reproductive Significance
Learning Objective: 2.6.1 Create a sketch of the internal structure of the breast.
Bloom's Level: 2. Understanding

58. Milk is produced in microscopic sacs called _____ and travels down _____ to the nipple.
a. milk ducts; alveoli
b. milk ducts; lobules
c. areola; alveoli
d. alveoli; lobules
e. alveoli; milk ducts
Answer: e
Key Concept: 2.6 The Breasts Have Both Erotic and Reproductive Significance
Learning Objective: 2.6.1 Create a sketch of the internal structure of the breast.
Bloom's Level: 1. Remembering

59. How many American women will be diagnosed with breast cancer during their lifetime?
a. 1 in 2
b. 1 in 8
c. 1 in 50
d. 1 in 100
e. 1 in 1000
Answer: b
Key Concept: 2.6 The Breasts Have Both Erotic and Reproductive Significance
Learning Objective: 2.6.2 List at least six risk factors for breast cancer.
Bloom's Level: 1. Remembering

60. The leading cause of death for women in the United States is
a. breast cancer.
b. lung cancer.
c. heart disease.
d. childbirth.
e. cervical cancer.
Answer: c
Key Concept: 2.6 The Breasts Have Both Erotic and Reproductive Significance
Learning Objective: 2.6.2 List at least six risk factors for breast cancer.
Bloom's Level: 1. Remembering

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61. A woman's risk of developing breast cancer is reduced if she
a. drinks two glasses of red wine daily.
b. has children in her twenties.
c. uses oral contraceptives.
d. avoids strenuous exercise.
e. has dense breast tissue.
Answer: b
Key Concept: 2.6 The Breasts Have Both Erotic and Reproductive Significance
Learning Objective: 2.6.2 List at least six risk factors for breast cancer.
Bloom's Level: 2. Understanding

62. A woman's social media feed includes many contradictory articles about breast cancer. Which headline accurately highlights what women can do to decrease their risk of developing breast cancer?
a. No Way to Reduce Risk: Focus on Mammograms
b. Only One Way to Reduce Risk: Get a Double Mastectomy
c. It's All in Your Hands: Change Your Life Completely to Erase Risk
d. Two Ways to Reduce Risk: Exercise and Lose Weight
e. Birth Control Pills and Wine: Two Surprising Ways to Prevent Breast Cancer
Answer: d
Key Concept: 2.6 The Breasts Have Both Erotic and Reproductive Significance
Learning Objective: 2.6.2 List at least six risk factors for breast cancer.
Bloom's Level: 4. Analyzing

63. Which woman's health behaviors are most in line with the American Cancer Society's recommendations for breast cancer screening?
a. A 35-year old woman with average risk who gets a mammogram each year
b. A 35-year old woman who does a breast self-examination each month but has never had a mammogram
c. A 45-year old woman who gets mammograms twice a year
d. A 45-year old woman who does breast self-exams monthly and gets mammograms every other year
e. A 55-year old woman who does not do breast self-examinations and plans to get mammograms every other year
Answer: e
Key Concept: 2.6 The Breasts Have Both Erotic and Reproductive Significance
Learning Objective: 2.6.3 List the American Cancer Society's recommendations regarding mammograms.
Bloom's Level: 3. Applying

Essay Questions

1. Describe the structure and function of the clitoris, including changes during sexual arousal.
The answer should:

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- Identify components of the clitoris, including the glans, shaft, clitoral hood, frenulum, corpus spongiosum, corpora cavernosa, crura, and vestibular bulbs.
- Indicate that the clitoris has many sensory nerve endings and plays a major role in sexual arousal and orgasm.
- Explain that sexual arousal causes erectile tissue to swell, making the clitoris firmer and more sensitive. Erection of the vestibular bulbs lengthens and stiffens the vagina.

Key Concept: 2.1 A Woman's Vulva Includes Her Mons, Labia, Vaginal Opening, and Clitoris
Learning Objective: 2.1.1 Create a schematic drawing of the vulva and label its components.
Bloom's Level: 2. Understanding

2. Name and describe the three principal types of female circumcision. Make a case for whether any form of female circumcision should be legal.

The answer should:

- Identify the three types of female circumcision—sunnah, clitoridectomy, and infibulation—and describe the procedure for each.
- Discuss risks associated with female circumcision, including lack of medical training, lack of proper supplies, potential complications, and long-term effects, while also considering the culture of those countries who historically circumcise their females.

Key Concept: 2.1 A Woman's Vulva Includes Her Mons, Labia, Vaginal Opening, and Clitoris
Learning Objective: 2.1.2 Describe the parts of the clitoris and its role in sexual activity.
Bloom's Level: 5. Evaluating

3. A 22-year-old woman is very afraid she will die of cervical cancer. What advice should her doctor give her about rates of cervical cancer and ways to reduce her risk?

The answer should:

- Indicate that about 13,000 American women are diagnosed with cervical cancer each year and about 4,300 die from the disease.
- Note that HPV infection is the main risk factor and that HPV vaccination reduces risk. Other risks include chlamydia infection, smoking, and immune system dysfunction.
- Explain that she can also reduce her risk by getting a Pap test to look for precancerous cells every 3 years until she is 29, and then every 5 years until she is 65. Precancerous changes can be evaluated with a colposcopy.

Key Concept: 2.3 The Uterus Serves a Double Duty
Learning Objective: 2.3.2 Describe the purpose of the Pap test and how it is performed.
Bloom's Level: 3. Applying

4. Describe the pathway sperm follow to fertilize an egg and the pathway the fertilized egg takes to reach the uterus.

The answer should:

- Describe the route sperm follow from the vaginal canal through the cervical canal through the uterus to the fallopian tubes where they may encounter an egg in an oviduct
- Explain how the ovum released by the ovary is captured by the fimbria at the end of the fallopian tube, where cilia draw the ovum into the oviduct.

Key Concept: 2.3 The Uterus Serves a Double Duty

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Learning Objective: 2.3.1 Create a schematic drawing of the female reproductive tract and label its components.
Bloom's Level: 2. Understanding

5. A woman has come to her doctor due to frequent pelvic pain and bleeding between periods. Describe the conditions that could be responsible for these symptoms and discuss possible treatments for those conditions.

The answer should:

- Describe common causes of pelvic pain and bleeding, including cervical cancer, fibroid tumors, uterine polyps, and endometriosis.
- Indicate the most common treatments for each of those disorders, including pain medications, surgical removal, hysterectomy, etc.

Key Concept: 2.3 The Uterus Serves a Double Duty
Learning Objective: 2.3.3 Explain the differences between uterine polyps, uterine fibroids, and endometriosis.
Bloom's Level: 3. Applying

6. Describe the three main classes of sex steroid hormones and their major functions in women.

The answer should:

- Explain that estrogens feminize the body at puberty, help regulate the menstrual cycle, thicken the endometrial lining, increase bone density, and play a role in the feedback loop that controls female hormone production.
- Explain that progestins maintain pregnancy and help regulate the menstrual cycle, with a drop in progesterone triggering the sloughing-off of the endometrial lining.
- Explain that androgens play a role in the feedback loop that controls female hormone production and help maintain sex drive.

Key Concept: 2.4 The Ovaries Produce Ova and Sex Hormones
Learning Objective: 2.4.3 Name the hormones secreted by the ovaries and describe their functions.
Bloom's Level: 2. Understanding

7. Discuss the three phases of the menstrual cycle, including the length of each phase and the hormonal events that trigger changes in each case.

The answer should:

- Describe the menstrual phase (about 5 days) which involves shedding the endometrial lining and is triggered by a drop in progesterone.
- Describe the preovulatory (follicular) phase (about 9 days) when follicles mature in the ovaries. It begins with high FSH levels, followed by secretion of estrogens and androgens by immature follicles. Just before ovulation, estrogen levels rise, triggering a surge in GnRH, LH, and FSH which leads to ovulation.
- Describe the postovulatory (luteal) phase (14 days) when the progesterone and estrogen-secreting corpus luteum is formed from the follicle that ruptured during ovulation. These hormones lead to endometrial thickening. If fertilization does not

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occur, the corpus luteum degenerates and hormone levels drop, leading to menstruation.

Key Concept: 2.5 Menstruation Is a Biological Process with Cultural and Practical Aspects
Learning Objective: 2.5.1 Create a diagram showing the phases of the menstrual cycle and the approximate number of days for each phase. and 2.5.2 Create a schematic diagram showing how the circulating levels of progesterone, estradiol, and testosterone vary throughout the cycle.
Bloom's Level: 2. Understanding

8. A college student asks her doctor for help with painful periods plus physical discomfort and emotional distress that often occurs in the week before her period. Identify diagnoses the doctor should consider and explain how the doctor could distinguish between those possibilities.

The answer should:

- Consider primary and secondary dysmenorrhea, making the distinction that primary dysmenorrhea typically begins at menarche while secondary dysmenorrhea is caused by a pelvic disorder.
- Consider premenstrual syndrome (PMS), which involves anxiety, mood swings, aches, changed appetite, cramps, and loss of interest in activities, severe enough to interfere with daily living, and premenstrual dysphoric disorder which involves psychological symptoms severe enough to interfere with relationships.

Key Concept: 2.5 Menstruation Is a Biological Process with Cultural and Practical Aspects
Learning Objective: 2.5.4 List possible practices and treatments to alleviate PMS.
Bloom's Level: 3. Applying

9. A woman who is not sexually active has not had her period in three months. What would you need to know to understand whether this is cause for concern?

The answer should consider:

- Age: Teenagers often have irregular periods. Women in their 40s or 50s may be entering menopause.
- Medication: Many medications may influence menstruation including hormonal contraceptives, steroids, antidepressants, and cancer treatment drugs
- Stress: High stress levels can interfere with ovulation.
- Weight: Weight loss and extreme exercise can lead to loss of periods.
- More serious causes would include medical conditions such as thyroid dysfunction and pituitary tumors that interfere with hormone production.

Key Concept: 2.5 Menstruation Is a Biological Process with Cultural and Practical Aspects
Learning Objective: 2.5.5 List the reasons that might cause menstruation to cease in a woman who has previously menstruated normally.
Bloom's Level: 3. Applying

10. A health insurance company has decided to reduce costs in two ways. First, they will stop mailing new members a brochure about how to conduct breast self-examinations. Second, for women over the age of 55 with no specific risk factors, they will only cover mammograms every other year. Make a case for whether or not this is an ethical approach to women's health coverage.

The answer should consider:

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- The decisions align with treatment guidelines. Professional organizations no longer recommend breast self-examinations as they lead to higher rates of breast biopsies without any improvement in cancer survival rates. American Cancer Society guidelines recommend mammograms annually from age 45-54, but only every two years thereafter.
- The answer could also consider the impact of this decision on women's emotional well-being or suggest other ways to spend the money saved to improve health, such as distributing information about ways to reduce risk for breast and reproductive cancers.

Key Concept: 2.6 The Breasts Have Both Erotic and Reproductive Significance
Learning Objective: 2.6.3 List the American Cancer Society's recommendations regarding mammograms.
Bloom's Level: 5. Evaluating

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