Consumer Health and Integrative Medicine 3rd edition Synovitz Test Bank

SKU: 9781284298512-TEST-BANK

Import Settings:
Base Settings: Brownstone Default
Information Field: Complexity
Information Field: Ahead
Information Field: Subject
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Highest Answer Letter: D
Multiple Keywords in Same Paragraph: No
NAS ISBN13: 9781284298574, add to Ahead, Title tags

Multiple Choice

1. Which is *not* an example of a traditional therapy?
A) Reflexology
B) Blood laboratory test
C) Acupuncture
D) Massage
Ans: B
Ahead: Why Learn About Health Consumerism
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2. What is one reason cities have built skateboard tracks in parks or other sites?
A) To promote competitive sports events
B) To provide youth with a safe place to skateboard
C) To encourage more tourism
D) To reduce the number of bicycles on walking trails
Ans: B
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3. Development assistance for health (DAH) provides funding for which of these?
A) Low income families in a specific state
B) Low income families throughout the United States
C) Health insurance companies that provide policies for low-income families
D) Undeveloped countries throughout the world
Ans: D
Ahead: How Costly Is Chasing After Good Health?
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4. Disbursement of DAH funding flows through channels such as the:
A) American Heart Association.
B) U.S. Department of Health and Human Services.
C) World Health Organization.

D) Health Resources and Services Administration.
Ans: C
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5. Which of the following is one of the 10 leading causes of death, according to the CDC?
A) Chronic lower respiratory disease
B) Cirrhosis of the liver
C) Drug overdose
D) Malaria
Ans: A
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6. Which of the following is an example of a mental disease?
A) Lung cancer
B) Depression
C) Chronic gastritis
D) Meningitis
Ans: B
Ahead: What Is the Meaning of Disease/Illness and Health?
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7. Rheumatoid arthritis is an example of a(n) _____ disorder.
A) autoimmune
B) bacterial
C) fungal
D) genetic
Ans: A
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8. The perception of feeling the symptoms of a disease is considered a(n):
A) disorder.
B) syndrome.
C) diagnosis.
D) illness.
Ans: D
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9. A holistic approach to health care:
A) focuses solely on a specific set of symptoms.
B) aims to treat the whole person, both body and mind.
C) centers on treating disease with medications.
D) focuses primarily on the spiritual domain.
Ans: B
Ahead: What Is the Meaning of Disease/Illness and Health?
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10. People have potential for achieving their personal, maximal level of good health according to how they adapt to their environment and how they:
A) prepare to address short-term and long-term diseases.
B) react when they experience symptoms of illness.
C) integrate all the dimensions of health.
D) function in the absence of adequate medical care.
Ans: C
Ahead: What Is the Meaning of Disease/Illness and Health?
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11. People who practice health-enhancing behaviors do so because they:
A) have a significant fear of illness and death.
B) like how it makes them feel, function, and look.
C) are acting naturally rather than intentionally.
D) consider personal health a secondary concern.
Ans: B
Ahead: What Is the Meaning of Disease/Illness and Health?
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12. People who practice health-enhancing behaviors desire _____ results.
A) immediate
B) short-term
C) long-term
D) measurable
Ans: C
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13. What is the motivating force for people who practice illness-avoiding behaviors?
A) Fear
B) Accomplishment
C) Ego
D) Finances
Ans: A
Ahead: What Is the Meaning of Disease/Illness and Health?

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14. People who practice illness-avoiding behaviors do so because they are seeking _____ rewards.
A) external
B) internal
C) both external and internal
D) neither external nor internal
Ans: A
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15. Which of these people is practicing health-enhancing behavior?
A) Martha, who starts taking vitamin C tablets when some of her co-workers get sick
B) Steve, who is avoiding spicy foods because his doctor said they can aggravate his acid reflux
C) Arianna, who has started dieting because she wants to look good in her swimsuit this summer
D) Jamal, who walks a mile to and from work every day because he likes how it makes him feel
Ans: D
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16. Conventional medicine is also known as _____ medicine.
A) orthodox
B) complementary
C) alternative
D) integrative
Ans: A
Ahead: Current Terms and Definitions Regarding Conventional and Alternative Medicine
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17. Which is an example of a conventional medicinal practice?
A) Acupuncture
B) Using herbal supplements
C) Surgery
D) Meditation
Ans: C
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18. Conventional physicians may be either:
A) allopathic or osteopathic.
B) integrative or alternative.

C) allopathic or integrative.
D) osteopathic or alternative.
Ans: A
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19. Which of these people is a conventional practitioner?
A) Homeopath
B) Social worker
C) Balneotherapist
D) Naturopath
Ans: B
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20. What is the lead agency in the federal government that conducts and reviews research studies involving complementary and integrative health approaches?
A) NHLBI
B) NIGMS
C) NIAID
D) NCCIH
Ans: D
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21. Aromatherapy after surgery and acupuncture to aid addiction recovery are examples of _____ practices.
A) alternative
B) complementary
C) traditional
D) conventional
Ans: B
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22. Which type of practices are considered non-mainstream and are used in place of conventional medicine?
A) Traditional
B) Orthodox
C) Complementary
D) Alternative
Ans: D
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23. When there is a coordinated approach to bring alternative medicine and conventional medicine together, it is called _____ health.
A) orthodox
B) complementary
C) integrative
D) traditional
Ans: C
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24. Holistic health concepts are embraced by:
A) conventional medicine, but not alternative health care.
B) alternative health care, but not conventional medicine.
C) both conventional medicine and alternative health care.
D) neither conventional medicine nor alternative health care.
Ans: C
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25. Compared to conventional practitioners, alternative healthcare providers are more likely to:
A) emphasize the body's natural self-restoration properties.
B) treat symptoms of a disease.
C) be viewed as taking a scientific approach.
D) ignore or downplay the role of the individual in maintaining their own health.
Ans: A
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26. Raymond is a naturopath. His practice falls into which CAM category?
A) Mind-body interventions
B) Energy therapies
C) Alternative medical systems
D) Manipulative and body-based therapies
Ans: C
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27. Which is an example of a mind-body intervention?
A) Prayer
B) Reiki

C) Massage
D) Homeopathic medicine
Ans: A
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28. Dietary supplements and herbal medicine are examples of:
A) manipulative and body-based therapies.
B) energy therapies.
C) mind-body interventions.
D) biologically based therapies.
Ans: D
Ahead: Current Terms and Definitions Regarding Conventional and Alternative Medicine
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29. Carol is a licensed massage therapist who often works with individuals recovering from surgery. Carol's practice falls into which CAM category?
A) Mind-body interventions
B) Manipulative and body-based therapies
C) Biologically based therapies
D) Energy therapies
Ans: B
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30. Which is an example of an energy therapy?
A) Qigong
B) Mental healing
C) Naturopathic medicine
D) Osteopathic medicine
Ans: A
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31. Our nation's economy is considered a(n) _____ economy because it is built on the practice of purchasing a product, using it, and then replacing it when it is gone or stops working.
A) obsolete
B) frugal
C) material
D) socialist
Ans: C
Ahead: What Does It Mean to Be a Health Consumer?
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32. A major goal in *Healthy People 2020* is to improve the health literacy of the population. Which of the following objectives is *not* related to that goal?
A) To increase the proportion of persons who report their healthcare provider always asked them to describe how they will follow the instructions
B) To increase the proportion of persons who report their healthcare provider offered a variety of payment methods, including financing expensive procedures
C) To increase the proportion of persons who report their healthcare providers' office always offered help in filling out a form
D) To increase the proportion of persons who report their healthcare provider always gave them easy-to-understand instructions for taking care of their illness or health condition
Ans: B
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33. In the marketplace of health products and services, the _____ is the one who buys or acquires, uses, or makes and then uses services or products intended to promote health.
A) health consumer
B) health insurer
C) healthcare provider
D) pharmacy
Ans: A
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34. Under the Consumer Bill of Rights, the right to _____ includes the right to be protected against the marketing of goods that are hazardous to health or to life.
A) choose
B) be informed
C) education
D) safety
Ans: D
Ahead: What Does It Mean to Be a Health Consumer?
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35. Which right includes the right to be assured that consumer interests will receive full and sympathetic consideration in the formulation of government policy, and fair and expeditious treatment in its administrative tribunal?
A) Right to choose
B) Right to redress
C) Right to be heard
D) Right to education
Ans: C
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36. Ralph Nader is a leading advocate for:
A) integrative medicine.
B) consumer health and safety.
C) traditional therapies.
D) improving care for people with mental illness.
Ans: B
Ahead: What Is Consumer Advocacy?
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37. Caveat emptor is a principle of commerce that states that:
A) the customer purchasing an item on credit must pay an interest fee on top of the cost of the product or service purchased.
B) the seller is responsible for ensuring goods or services are able to deliver their intended purpose.
C) the seller must provide the product or service to the customer at the time that they make payment.
D) if no warranty is provided, the customer buys the product or service at their own risk.
Ans: D
Ahead: What Is Consumer Advocacy?
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38. Diana purchased a hair dryer from Jay at a flea market last week. When she plugged it in and turned it on, smoke started coming out of it. Diana brought the hair dryer back to Jay this week, but he pointed out that there were no warranties on the products he sells. If the concept of caveat vendor applied to this transaction:
A) Jay would not have to refund any amount of money to Diana.
B) Diana would be owed a full refund by Jay.
C) Jay and Diana would each be responsible for half of the purchase price.
D) Diana would be owed a full refund and a replacement hair dryer by Jay.
Ans: B
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39. The Agency for Healthcare Research and Quality provides information about:
A) getting safer medical care.
B) maintaining good health.
C) how to select a health club.
D) preventing disease through a healthy diet.
Ans: A
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40. People with _____ put a strain on the healthcare system, and they miss work which decreases productivity:
A) chronic diseases
B) acute diseases
C) infectious (communicable) diseases
D) anatomic diseases
Ans: A
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