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Chapter 2: Reproduction

MULTIPLE CHOICE

1. A patient is having an infertility work-up and has been told she has scarring of her fallopian tubes. What action by the nurse is ***best***?
   A. Ask the patient how many sexually transmitted infections she has had.
   B. Assess the patient for previous vaginal infections and their treatment.
   C. Gently tell the patient that nothing can be done about scarring of the tubes.
   D. Question the patient about genetic defects or family history of infertility.

   ANS: B
   Chapter: Chapter 2: Reproduction
   Objective: #1. Identify anatomy and explain physiological functions of the female and male reproductive system.
   Page: 28
   Heading: Fallopian Tubes
   Integrated Processes: Nursing Process: Assessment
   Client Need: Physiological Integrity: Physiological Adaptation
   Cognitive Level: Application [Applying]
   Difficulty: Moderate

	Feedback
A.	Not all vaginal infections are sexually transmitted infections (STIs), and to specifically ask about STIs sounds judgmental in addition to not providing adequate information.
B.	Anatomically, there is a continuous passage from the vagina into the uterus and on into the fallopian tubes and ovaries. A vaginal infection can lead to residual scarring of the tubes from the inflammatory process. This puts the patient at increased risk for ectopic pregnancies and infertility.
C.	There are several treatment options for this patient.
D.	Genetic defects may play a role in this patient's problem, but the higher likelihood is that her scarred tubes are due to a vaginal infection.

2. A new nurse is attempting to catheterize a female patient. The nurse has a difficult time and after three attempts, finally inserts the catheter into the bladder and has urine output. What suggestion by the more experienced nurse is ***best***?
   A. "Leave the incorrectly placed catheters where they are while inserting a fresh one."
   B. "Place the patient in a high Fowler's position and have another nurse adduct the legs."
   C. "Position the patient prone with another nurse abducting the patient's legs."
   D. "To save the patient some charges, use the same catheter for two attempts."

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ANS: A
Chapter: Chapter 2: Reproduction
Objective: #1. Identify anatomy and explain physiological functions of the female and male reproductive systems.
Page: 26
Heading: Clitoris
Integrated Processes: Teaching and Learning
Client Need: Physiological Integrity: Physiological Adaptation
Cognitive Level: Application [Applying]
Concept: Assessment
Difficulty: Moderate

	Feedback
A.	Because the clitoris often resembles the urinary meatus, nurses sometimes try to insert a catheter in it instead of the real meatus. Leaving the incorrectly placed catheter while attempting another insertion shows the nurse where not to insert it.
B.	The patient should be in a low semi-Fowler's or supine position with the legs abducted (or frog-legged). To maintain infection control, never use a catheter for more than one catheterization attempt.
C.	The patient should be in a low semi-Fowler's or supine position with the legs abducted (or frog-legged).
D.	To maintain infection control, never use a catheter for more than one catheterization attempt.

3. The nurse manager on the high-risk OB unit has been told by an OB office nurse to prepare for a patient with a spinal cord injury (SCI) to deliver there. The patient wants to try a vaginal birth. What response by the nurse manager is ***best***?
   A. Assess the level of the patient's spinal cord injury.
   B. Assure the office nurse that vaginal birth is possible.
   C. Explain that people with SCI do well with a water birth.
   D. Tell the office nurse that vaginal birth is impossible.

ANS: A
Chapter: Chapter 2: Reproduction
Objective: #1. Identify anatomy and explain physiological functions of the female and male reproductive systems.
Page: 29
Heading: Uterus
Integrated Processes: Nursing Process: Assessment
Client Need: Physiological Integrity: Physiological Adaptation

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Cognitive Level: Application [Applying]
Concept: Pregnancy
Difficulty: Moderate

	Feedback
A.	People with SCI above the level of T6 may be able to deliver vaginally because the uterus may retain enough intrinsic motility to create effective contractions. The nurse manager should ask about the level of the SCI.
B.	The nurse should not assure the office nurse that vaginal delivery is possible without this information.
C.	A patient with an SCI probably would not do well in a water birth due to impaired mobility.
D.	The nurse should not tell the office nurse that vaginal birth is impossible without further information.

4. A pregnant patient calls the OB clinic nurse to complain of sharp abdominal pain with coughing or sneezing. What action by the nurse is ***best***?
   A. Explain that the pain is from stretching of the ligaments.
   B. Have the patient count her contractions each hour while awake.
   C. Place the patient on bedrest until her next clinic visit.
   D. Tell the patient to come to the clinic today.

ANS: A
Chapter: Chapter 2: Reproduction
Objective: #1. Identify anatomy and explain physiological functions of the female and male reproductive systems.
Page: 29
Heading: Uterine Support Structures
Integrated Processes: Teaching and Learning
Client Need: Physiological Integrity: Physiological Adaptation
Cognitive Level: Application [Applying]
Concept: Female Reproduction
Difficulty: Moderate

	Feedback
A.	The uterus is supported by several ligaments. The round ligaments expand in diameter and length during pregnancy and may be associated with sharp pain if they are stretched tight during sudden movement, such as with sneezing, coughing, or position changes. The nurse should reassure the patient that this is not concerning and explain the phenomenon.
B.	There is no need for the patient to count contractions.
C.	There is no need for the patient to be placed on bedrest.

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D.	There is no need for the patient to come into the clinic that day.

5. A pregnant patient has a midpelvis pelvimetry measurement of 3.8 inches (9.65 cm). What action by the labor and delivery nurse is ***most*** important?
   A. Encourage attendance at childbirth classes.
   B. Explain that vaginal birth will be possible.
   C. Instruct her to drink 10 glasses of water daily.
   D. Obtain consent for possible cesarean delivery.

ANS: D
Chapter: Chapter 2: Reproduction
Objective: #1. Identify anatomy and explain physiological functions of the female and male reproductive systems.
Page: 31
Heading: Pelvic Diameters and Planes
Integrated Processes: Communication and Documentation
Client Need: Safe and Effective Care Management: Management of Care
Cognitive Level: Application [Applying]
Concept: Pregnancy; Critical Thinking
Difficulty: Difficult

	Feedback
A.	All pregnant people should attend childbirth preparation classes.
B.	The nurse should not guarantee that a vaginal birth can occur.
C.	Drinking water is not related.
D.	Pelvimetry measurements demonstrate the feasibility of a vaginal birth. The minimum measurement for the midpelvis (which is the narrowest lateral portion of the female pelvis) is 4.7 inches (12 cm). Pelvimetry measurements may not be accurate for several reasons, and despite findings, in most situations, the patient is allowed a trial of labor. As the joints of the pelvis soften and become more mobile, a vaginal delivery might still be possible. The nurse should obtain consent for a possible cesarean delivery.

6. A 17-year-old female is brought to the family practice clinic by her mother, who is worried that her daughter has not yet developed secondary sex characteristics. Which action by the nurse is ***best***?
   A. Assess a family pedigree for genetic influences.
   B. Explain that some girls don't develop until their 20s.
   C. Inform them that the daughter will be tested for estrogen deficiency.

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D. Obtain a urine sample for a pregnancy test.

ANS: C
Chapter: Chapter 2: Reproduction
Objective: #2. Analyze the actions and interactions of hormones from the hypothalamus, pituitary, and gonads, as well as other hormones that affect the reproductive system.
Page: 35
Heading: Puberty
Integrated Processes: Communication and Documentation
Client Need: Physiological Integrity: Physiological Adaptation
Cognitive Level: Application [Applying]
Concept: Female Reproduction
Difficulty: Moderate

	Feedback
A.	A family pedigree may be beneficial but not as the first step. A pregnancy test would not illustrate the cause of the problem.
B.	Physical changes associated with puberty begin much earlier than the age of 20.
C.	Estrogen is the primary female hormone and is responsible for the development of secondary sex characteristics. Physical changes associated with puberty usually begin between ages 11 and 13. A 17-year-old female who has not yet developed these features may have an estrogen deficiency.
D.	A pregnancy test would not illustrate the cause of the problem.

7. In providing anticipatory guidance to a 12-year-old female who has developed breast buds, what information should the nurse provide?
   A. Breast self-exam is now important.
   B. First period will occur in 6 months.
   C. Growth of pubic hair will occur next.
   D. Maximum height has been obtained.

ANS: C
Chapter: Chapter 2: Reproduction
Objective: #2. Analyze the actions and interactions of hormones from the hypothalamus, pituitary, and gonads, as well as other hormones that affect the reproductive system.
Page: 35
Heading: Sexual Maturation
Integrated Processes: Teaching and Learning
Client Need: Health Promotion and Maintenance
Cognitive Level: Application [Applying]
Concept: Female Reproduction

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Difficulty: Moderate

	Feedback
A.	Breast self-exam is not vital until the breasts have developed, and then self-exam is taught as a component of breast awareness.
B.	Menarche, the first period, usually occurs 1 year after peak height velocity.
C.	Thelarche (breast budding) is followed by the growth of pubic hair.
D.	It is not possible to state if maximum height has been obtained. Thelarche (breast budding) starts on average at age 9.8 years and is complete on average at age 14.6 years. The growth spurt starts on average at age 10 years and is complete on average by age 11.8.

8. A family practice nurse is providing anticipatory guidance to an 11-year-old boy. What information about puberty should the nurse plan to include?
   A. Boys start puberty about 2 years earlier than girls.
   B. Circulating estrogen may cause breast enlargement.
   C. Testosterone production is the last stage of puberty.
   D. The first sign of puberty is testicular enlargement.

ANS: D
Chapter: Chapter 2: Reproduction
Objective: #2. Analyze the actions and interactions of hormones from the hypothalamus, pituitary, and gonads, as well as other hormones that affect the reproductive system.
Page: 35
Heading: Puberty
Integrated Processes: Teaching and Learning
Client Need: Health Promotion and Maintenance
Cognitive Level: Application [Applying]
Concept: Male Reproduction
Difficulty: Moderate

	Feedback
A.	Girls start puberty about 2 years earlier than boys.
B.	Breast enlargement usually does not occur in males despite the presence of circulating estrogen.
C.	Testosterone production causes the first signs of puberty, so saying that this is a late occurrence is incorrect.
D.	Testosterone secretion causes testicular enlargement, which is the first sign of pubertal changes in males.

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9. The nursing instructor explains to a class that important effects of estrogen in the proliferative phase of the uterine cycle include which of the following?
   A. Causes uterine spiral arteries to constrict, limiting blood flow
   B. Causes changes in cervical mucus to facilitate sperm penetration
   C. Leads to changes causing the uterus to be receptive to a fertilized ovum
   D. Results in rupture of endometrial blood vessels and the onset of menses

   ANS: B
   Chapter: Chapter 2: Reproduction
   Objective: #3. Discuss physiological events that accompany the menstrual cycle.
   Page: 37
   Heading: Proliferative Phase
   Integrated Processes: Teaching and Learning
   Client Need: Physiological Integrity: Physiological Adaptation
   Cognitive Level: Application [Applying]
   Concept: Female Reproduction
   Difficulty: Moderate

	Feedback
A.	During the ischemic phase, both estrogen and progesterone levels are low, and the uterine spiral arteries constrict, limiting blood flow to the endometrium.
B.	During the proliferative phase of the uterine, or endometrial, cycle, increasing amounts of estrogen lead to changes in cervical mucus that facilitate sperm penetration at midcycle.
C.	In the secretory phase, progesterone functions to create a highly vascular secretory endometrium that is suitable for implantation of a fertilized ovum.
D.	At the end of the ischemic phase, the endometrial blood vessels rupture and menses begin.

10. A patient is in the family planning clinic to learn about her cycle and the best times to get pregnant. What information should the nurse plan to teach her?
    A. An ovum can be fertilized for 12 to 24 hours after ovulation.
    B. Pregnancy can only occur during the follicular phase.
    C. There are no physiological signs that demonstrate ovulation.
    D. You can't easily get pregnant if your cycles are irregular.

    ANS: A
    Chapter: Chapter 2: Reproduction
    Objective: #3. Discuss physiological events that accompany the menstrual cycle.
    Page: 38

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Heading: Follicular Phase
Integrated Processes: Teaching and Learning
Client Need: Health Promotion and Maintenance
Cognitive Level: Application [Applying]
Concept: Pregnancy
Difficulty: Moderate

	Feedback
A.	An ovum is capable of being fertilized by a sperm cell for approximately 12 to 24 hours after ovulation.
B.	Pregnancy occurs during ovulation, which marks the end of the follicular phase and the beginning of the luteal phase.
C.	There are physiological signs of ovulation, such as changes in cervical mucus and body temperature.
D.	People with irregular cycles can get pregnant.

11. A patient who is postmenopausal is in the clinic complaining of urinary incontinence and wants to know why this is occurring. Otherwise, she has no other complaints. What response by the nurse is ***best***?

A. "I'm not sure; let's ask the physician why this could occur."
B. "Low estrogen levels after menopause cause the urinary tissues to atrophy."
C. "Most older women experience some incontinence."
D. "You may have a urinary tract infection or other medical problem."

ANS: B
Chapter: Chapter 2: Reproduction
Objective: #3. Develop an understanding of physiological changes that occur during menopause.
Page: 38
Heading: Perimenopausal Phase
Integrated Processes: Communication and Documentation
Client Need: Health Promotion and Maintenance
Cognitive Level: Application [Applying]
Concept: Female Reproduction
Difficulty: Moderate

	Feedback
A.	This is knowledge all nurses should have, so needing to ask the physician is not appropriate.
B.	During the perimenopausal and postmenopausal stages, lowered levels of estrogen can lead to atrophy of urinary tissues and incontinence.

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C.	Telling the patient that most older women have this problem does not give the patient any information about why this occurs, which was her question.
D.	Because she has no other complaints, a urinary tract infection is less likely.

12. A patient who is postmenopausal is in the clinic complaining of night sweats and hot flashes that are impacting her ability to perform activities of daily life (ADL). What response by the nurse is ***best***?
A. "These symptoms should eventually subside, so just be patient."
B. "Medications and/or herbal therapies may provide some relief."
C. "Schedule an appointment with your health-care provider."
D. "What type of ADLs are impacted by your symptoms?"

ANS: B
Chapter: Chapter 2: Reproduction
Objective: #3. Develop an understanding of physiological changes that occur during menopause.
Page: 38
Heading: Postmenopausal Phase
Integrated Processes: Communication and Documentation
Client Need: Health Promotion and Maintenance
Cognitive Level: Application [Applying]
Concept: Female Reproduction
Difficulty: Moderate

	Feedback
A.	Telling the client that the symptoms will subside is not correct.
B.	Night sweats and hot flashes are typical vasomotor symptoms that women experience in the postmenopausal stage of life. The nurse should be aware of medication/herbal supplement therapies that may alleviate symptoms.
C.	While it may be necessary to schedule an appointment with the health-care provider, this response does not address the stated complaint.
D.	Asking which type of ADLs are impacted does not address possible relief of symptoms.

13. A healthy-appearing 68-year-old patient is in the clinic for a physical exam. Her laboratory work shows decreased levels of high-density lipoprotein (HDL) cholesterol and increased levels of low-density lipoprotein (LDL) cholesterol. What conclusion can the nurse make about this patient?
A. Eats an unhealthy diet
B. At risk for long-bone fractures
C. Increased cardiovascular risk
D. Probably does not exercise

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ANS: C
Chapter: Chapter 2: Reproduction
Objective: #3. Develop an understanding of physiological changes that occur during menopause.
Page: 38
Heading: Postmenopausal Phase
Integrated Processes: Nursing Process: Assessment
Client Need: Physiological Integrity: Reduction of Rick Potential
Cognitive Level: Evaluation [Evaluating]
Concept: Female Reproduction
Difficulty: Moderate

	Feedback
A.	The nurse cannot conclude anything about the patient's eating habits without further assessment.
B.	Older women are at risk of fractures due to osteoporosis, but that is not related to these laboratory values.
C.	Decreased estrogen in a woman's later years accompanied by low HDL and high LDL cholesterol levels increases the risk of cardiovascular disease.
D.	The nurse cannot conclude anything about the patient's exercise habits without further assessment.

14. A nurse working in the infertility clinic counsels a couple about male fertility. What assessment question to a male by the nurse would yield the ***most*** important information?
A. "Do you get plenty of exercise?"
B. "Do you wear boxer shorts or briefs?"
C. "How much alcohol do you drink?"
D. "Have you been circumcised yet?"

ANS: B
Chapter: Chapter 2: Reproduction
Objective: #7. Differentiate among the various assisted reproductive technologies and identify potential alternatives to childbearing for the infertile couple.
Page: 55
Heading: Infertility
Integrated Processes: Nursing Process: Assessment
Client Need: Health Promotion and Maintenance
Cognitive Level: Application [Applying]
Concept: Male Reproduction

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Difficulty: Moderate

	Feedback
A.	Asking about exercise does not specifically address active contact sports, which can affect male fertility.
B.	Factors that influence male fertility include participation in active contact sports; smoking; and wearing tight, constrictive clothing. Brief-style underwear are tighter than boxer shorts, and this is one question the nurse could ask about clothing that might yield some useful information.
C.	Alcohol use is not related to male fertility.
D.	Circumcision is not related to male fertility.

15. A nurse is providing anticipatory guidance to a group of elementary school girls and their parents. What information is ***most*** accurate?
A. "Around age 10, girls may become interested in shaving their underarms."
B. "By age 12, both boys and girls are at their maximal height."
C. "Parents, you should buy feminine supplies for your daughter before she is 14."
D. "You won't need to worry about bras until at least age 14."

ANS: A
Chapter: Chapter 2: Reproduction
Objective: #2. Analyze the actions and interactions of hormones from the hypothalamus, pituitary, and gonads, as well as other hormones that affect the reproductive system.
Page: 36
Heading: Table 2-2 Female Body Changes Associated with Puberty
Integrated Processes: Teaching and Learning
Client Need: Health Promotion and Maintenance
Cognitive Level: Application [Applying]
Concept: Puberty
Difficulty: Moderate

	Feedback
A.	Adrenarche (the time when androgen secretion leads to axillary and pubic hair) occurs at an average age of 10, so girls around that time will start noticing this change and may think about shaving.
B.	The adolescent growth spurt is not completed for girls until an average age of 11.8, but in calculating an average, older and younger ages are included. Feminine supplies should be on hand for a girl to use earlier than age 14, because the average age of menarche is 12.8. Breast budding begins on average at 9.8 years.
C.	Feminine supplies should be on hand for a girl to use earlier than age 14, because the average age of menarche is 12.8.
D.	Breast budding begins on average at 9.8 years.

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MULTIPLE RESPONSE

16. A nurse is providing teaching relative to barrier methods of birth control to a group of patients attending a medical clinic. Which of the following statements indicates that teaching has been effective? *Select all that apply*.

A! "There is no learning curve required for use of this method."
B! "These methods do not provide protection against STDs."
C! "This type of method requires a planned action."
D! "Patients who have latex allergies will not be able to use this type of method."
E! "Emergency contraception is not needed as the barrier method is 100% effective."

ANS: C, D
Chapter: Chapter 2: Reproduction
Objective: #5. Identify advantages and disadvantages of barrier and hormonal contraceptive methods, intrauterine devices, and permanent sterilization.
Page: 45
Heading: Barrier Methods
Integrated Processes: Teaching and Learning
Client Need: Health Promotion and Maintenance
Cognitive Level: Evaluation [Evaluating]
Concept: Female Reproduction
Difficulty: Moderate

	Feedback
A.	This is incorrect. Correct application of barrier methods is critical to the method's success; thus, the patient must receive proper instruction and be able to demonstrate understanding.
B.	This is incorrect. Barrier methods provide effective protection against STDs.
C.	This is correct. This method requires preplanning before sexual relations occur.
D.	This is correct. Latex allergies can lead to anaphylaxis which can be life threatening.
E.	This is incorrect. The barrier method is not 100% effective and as such emergency contraception may be needed in case there was inadequate protection, or the patient is worried about the integrity of the barrier method.

17. A teenager is seeking information from the clinic nurse about usage of a cervical cap for birth control. Which of the following are correct responses by the nurse? *Select all that apply*.

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A! "It must remain in place for up to 48 hours after sexual intercourse."
B! "No spermicide is needed for application."
C! "This type of method must be prescribed and fitted by the health-care provider."
D! "The cap is held in place by suction."
E! "It is easy to apply."

ANS: A, C, D
Chapter: Chapter 2: Reproduction
Objective: #6. Teach patients how to use various methods of contraception.
Page: 46
Heading: Cervical Cap
Integrated Processes: Communication and Documentation
Client Need: Health Promotion and Maintenance
Cognitive Level: Application [Applying]
Concept: Female Reproduction
Difficulty: Moderate

	Feedback
A.	This is correct. This is a factual statement related to the usage timeframe.
B.	This is incorrect. A spermicide is required to be used with a cervical cap to increase efficacy of the method.
C.	This is correct. The cervical cap is available by Rx only, must be fitted and receive instruction related to proper placement and evaluated in one week's time for proper placement by the health-care provider.
D.	This is correct. This is a factual statement.
E.	This is incorrect. The cervical cap is somewhat difficult to apply and must fit directly over the cervix to be effective.

18. A nurse is reviewing medical records for patients who will be seen in the obstetrical clinic. Which pelvic types should the nurse anticipate may lead to a problem with a planned vaginal delivery? *Select all that apply*.

A! "Gynecoid."
B! "Anthropoid."
C! "Platypelloid."
D! "Android."
E! "Retroverted."

ANS: C, D
Chapter: Chapter 2: Reproduction
Objective: #1. Identify anatomy and explain physiological functions of the female and male

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reproductive systems.
Page: 31
Heading: Pelvic Types
Integrated Processes: Nursing Process: Assessment
Client Need: Physiological Integrity: Physiological Adaptation
Cognitive Level: Application [Applying]
Concept: Female Reproduction
Difficulty: Moderate

	Feedback
A.	This is incorrect. Gynecoid pelvis is best suited for childbirth.
B.	This is incorrect. Anthropoid pelvis is similar to the gynecoid pelvis.
C.	This is correct. A platypelloid pelvis can impede fetal descent and thereby could impact a planned vaginal delivery.
D.	This is correct. An android pelvis can affect fetal descent and thereby could impact a planned vaginal delivery.
E.	This is incorrect. Retroverted does not refer to a pelvic type but rather can describe the position of the cervix or uterus and may impact the ability to get pregnant.

19. An 18-year-old female patient has been diagnosed with amenorrhea. Which questions should the nurse ask to find out if the etiology is due to secondary amenorrhea? *Select all that apply.*

A! "Just want to confirm that you have never started to menstruate?"
B! "How long have you been running marathons?"
C! "What type of birth control method are you using?"
D! "Do you have breast implants?"
E! "Are you experiencing any undue stress in your life?"

ANS: B, C, E
Chapter: Chapter 2: Reproduction
Objective: #2. Analyze the actions and interactions of hormones from the hypothalamus, pituitary, and gonads, as well as other hormones that affect the reproductive system.
Page: 39
Heading: Amenorrhea
Integrated Processes: Nursing Process: Planning
Client Need: Physiological Integrity: Physiological Adaptation
Cognitive Level: Application [Applying]
Concept: Female Reproduction
Difficulty: Moderate

	Feedback
A.	This is incorrect. Primary amenorrhea is diagnosed in patients who have not started their menses by age 16.

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B.	This is correct. Secondary amenorrhea can occur in response to intense exercise regimens.
C.	This is correct. Secondary amenorrhea can occur in response to use of oral contraceptives; therefore, it is important for the nurse to ask about birth control methods.
D.	This is incorrect. There is no correlation between breast implants and amenorrhea.
E.	This is correct. Secondary amenorrhea can occur in response to stress.

20. A nurse is providing counseling to a patient who has been prescribed an oral contraceptive (OC) but is not sexually active. What benefits would OCs provide to the patient? *Select all that apply.*

A! "Stabilization of red blood cell indices."
B! "Resolving symptoms of dysmenorrhea."
C! "Minimizing effects of PID."
D! "Treating uterine fibroids."
E! "Weight control."

ANS: A, B, C, D
Chapter: Chapter 2: Reproduction
Objective: #5. Identify advantages and disadvantages of barrier and hormonal contraceptive methods, intrauterine devices, and permanent sterilization.
Page: 48
Heading: Box 2-2 Noncontraceptive Benefits of Oral Contraceptive Pills
Integrated Processes: Teaching and Learning
Client Need: Health Promotion and Maintenance
Cognitive Level: Application [Applying]
Concept: Female Reproduction
Difficulty: Moderate

	Feedback
A.	This is correct. Use of OCs may lead to decreased blood flow loss and thereby improve RBC indices typically seen with iron deficiency anemia.
B.	This is correct. Use of OCs may resolve symptoms of dysmenorrhea due to ovulation suppression.
C.	This is correct. Use of OCs may help to treat acute effects of PID and scarring of the fallopian tubes.
D.	This is correct. Use of OCs may help to treat uterine fibroids.
E.	This is incorrect. OCs are not used for weight control and their use may lead to weight gain.

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