

Topics for hygiene – credit test 4th year GM

Textbook Compendium of Hygiene – 2014.

Pages 18 - 21: Primary, secondary, tertiary prevention. CINDY program and abbreviation, CINDI Key areas, strategies for primary prevention . Accidents, mental illnesses’.

Pages 21 34- Minamata disease. Iodine deficiency diseases. Smoking. Asbestos. Hypertension. Intervention-all diseases and problems (Old and New diseases categorisation, examples, malaria, Ebola. HIV). Risk assessment. Steps in risk assessments - whole topic.Stochastic and non Stochastic effects (no safe dose! carcinogens, teratogens, mutagens).

Pages 45-58: Climate factors and air quality. Emissions and imissions. Smoke and categories. SO₂. NO₂, ozone and volatile compounds. Polycyclic aromatic hydrocarbons, PAH, CO, CO₂, lead, PM particles. Freon’s. Asbestos. Environmental Tabaco Smoke. Itai-Itai disease.

Pages 63-71: Water quality (all). Especially - Categorisation of communicable diseases transmitted by **water!** Effect of nitrates. Standards for nitrates in drinking water for adults and infants.

Pages 37- 42 . All – in details. Study design. All, cross-sectional, cohort , prospective , retrospective, ecological studies, advantages and disadvantages.

Pages 84-104 : Nutrition – **page 84 -85** – energy and calories especially the reference numbers. Proteins. Lipids, Saccharides. Cholesterol. Minerals and vitamins. Nutritional deficiencies.

Recommended daily allowances – proteins, fats, saccharides, fibre, external cholesterol, calcium, vitamin C. Essential amino acids, non-essential amino acids.

Pages 111-124: Noise (all complete info). Vibration. Radiations (U.V., I.R. microwave. lasers).

Pages 133-139: Health effects of ionizing radiation Stochastic and non-Stochastic.

Stochastic – no threshold effect

couldn’t be eliminated

stochastic effect could be only minimised,

belong here Carcinogenic, mutagenic, teratogenic factors.

Pages 148 -149 : Carcinogens (all). Inicators, promoters, progressors

Pages 152-155 : Particles and aerosols. Respirable fraction (Less the 10 micro meters). Categorisation of pneumoconiosis (fibrotizing and non-fibrotizing).

Pages 165 : Categorisation of child age (neonatal. Suckling. new born. Infant...).

Pages 175: Growth and developmental... biologic age (Methods of evaluation).

Pages 182-200 : Prevention of chronic diseases. (PAGE 186 risk factors of cardiovascular disease...!!!).

OTHERS BMI INDEX CLASSIFICATION (cat. and measurement parameters). WHR. Biologic age evaluation (bone age....).

Only American style test: 4 options... only **one correct answer!!!**

For any issues regarding the exams...

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Good luck!!!