

Topics for hygiene – credit test 4th year GM

Textbook Environmental Medicine – 2006.

Pages 9 - 13: Primary, secondary, tertiary prevention. CINDY program and abbreviation, CINDI Key areas, strategies for primary prevention . Accidents, mental illnesses’.

Pages 13 - 19: Minamata disease. Iodine deficiency. Smoking. Asbestos. Hypertension. Intervention- all diseases categorisation by prevention and problems (Old and New diseases categorisation, malaria, Ebola. HIV). Risk assessment. Steps in risk assessments - whole topic. Stochastic and non Stochastic effects (no safe dose! carcinogens, teratogens, mutagens).

Pages 27 - 36: 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 39 - 44: 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 23- 26. All - detailed. Study design. All, cross-sectional, cohort , prospective , retrospective, ecological.

Pages 51 - 66: Nutrition – **page 52** – energy and calories especially the reference numbers. Proteins. Lipids, Saccharides. Cholesterol. Minerals and vitamins.

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

In details - Nutrition – **page 52**

Pages 73 - 80: Noise (all complete info). Vibration. Radiations (U.V. I.R. microwave. lasers).

Pages 88 - 90 : 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 96 - 97 : Carcinogens (all). Inicators, promotors, progressors.

Pages 98 - 100 : Particles and aerosols. Respirable fraction (Less the 10 micro meters). Categorisation of pneumoconiosis (fibrotizing and non-fibrotizing).

Pages 106 - 107 : cat. Of child age (neonatal. Suckling. new born. Infant...).

Pages 111 - 112 : Growth and developmental... biologic age (Methods of evaluation).

Pages 117 – 130 : Prevention of chronic diseases. (risk factors of cardiovascular disease...!!!).

Pages 142 - 143: summary of practical exercises for water drinking. BMI (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!!!