

## Health

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Name: \_\_\_\_\_

Date: \_\_\_\_\_

☛ This test will **not** be used to mark you for the university/college course. Please check off the answers below. For us, the instructors, it is more important that you check off '**don't know**', than take a guess, because we would like to find out **before** the course what you already know and what we need to teach.

1. In Ontario, it is recommended that all women should have a mammogram:

- |                                       | yes                      | no                       | don't know               |
|---------------------------------------|--------------------------|--------------------------|--------------------------|
| a) once they become sexually active   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| b) every two years after they turn 30 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| c) every 2 years after they turned 50 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

2. Women should have a regular pap test:

- |   | yes                      | no                       | don't know               |
|---|--------------------------|--------------------------|--------------------------|
| a) once they become sexually active       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| b) only, when they are 50 or older        | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| c) after they have had their first period | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

3. A mammography is used to:

- |                                       | yes                      | no                       | don't know               |
|---------------------------------------|--------------------------|--------------------------|--------------------------|
| a) detect abnormalities in the breast | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| b) prevent cancer                     | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| c) vaccinate against cancer           | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| d) treat cancer                       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

4. A pap test is used to:

- |  | yes                      | no                       | don't know               |
|--|--------------------------|--------------------------|--------------------------|
| a) prevent cancer of the uterus        | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| b) detect abnormal cells of the cervix | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| c) prevent cancer of the cervix        | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

5. If dysplasia or abnormal cells are detected early, cervical cancer can be prevented

- yes                       no                       don't know

6. In Ottawa, women can have a **pap test** at the following places:

- |  | yes                      | no                       | don't know               |
|--|--------------------------|--------------------------|--------------------------|
| a) nurse practitioner at a community health centre   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| b) family physician                                  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| c) obstetrician                                      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| d) Ontario Breast Screening Centre                   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| e) Ottawa Health Services (former Health Department) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| f) Emergency department                              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| g) at a x-ray facility laboratory                    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| h) walk-in clinic                                    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| i) all of the above                                  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

7. The following places can give you a **referral** to get a mammogram:

- |  | yes                      | no                       | don't know               |
|--|--------------------------|--------------------------|--------------------------|
| a) family physician                                | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| b) nurse practitioner at a community health centre | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| c) Ontario Breast Screening Centre                 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| d) walk-in clinic                                  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| e) Ottawa Health Services (former Health Depart.)  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| f) Emergency Department                            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| g) obstetrician                                    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| h) gynecologist                                    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| i) at a hospital x-ray facility                    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| j) at a x-ray facility laboratory                  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| k) all of the above                                | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

8. Mammograms are performed at

- |  | yes                      | no                       | don't know               |
|--|--------------------------|--------------------------|--------------------------|
| a) family physician                                | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| b) nurse practitioner at a community health centre | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| c) Ontario Breast Screening Centre                 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| d) walk-in clinic                                  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| e) Ottawa Health Services (former Health Depart.)  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| f) Emergency Department                            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| g) obstetrician                                    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| h) gynecologist                                    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| i) at a hospital x-ray facility                    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| j) at a x-ray facility laboratory                  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| k) all of the above                                | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

9. Research has shown that the risk factors for cervical cancer are increased in women who

- |   | yes                      | no                       | don't know               |
|---|--------------------------|--------------------------|--------------------------|
| a) had sexual intercourse for the first time in their teens | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| b) have diabetes  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| c) have had intercourse with multiple partners              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| d) have sex with one partner more than twice a week         | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| e) are overweight   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| f) use condoms during intercourse                           | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| g) use birth control pills as a contraceptive               | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

10. The majority of deaths from cervical cancer can be prevented

- yes       no       don't know

11. Research has shown that the risk factors for breast cancer are increased in women who ...
- |   | yes                      | no                       | don't know               |
|---|--------------------------|--------------------------|--------------------------|
| a) have a mother, sister, or daughter who had breast cancer | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| b) have a grandmother or aunt who had breast cancer         | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| c) have had injuries to their breasts (e.g. hitting)        | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| d) have very large breasts                                  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| e) are older than 50 years                                  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| f) never had a baby   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| g) did not breast feed their babies                         | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| h) are smokers  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| i) are obese  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
12. Women who have breast cancer are contagious  yes  no  don't know
13. In Canada, the main reason why women do not go for a pap test or a mammogram is that these tests are too expensive  
 yes  no  don't know
14. Please name the parts of the female reproductive system on the chart below in English and Spanish (*not included here*)
15. Please name the parts of the breast on the chart below in English and Spanish (*not included here*)

## ANSWERS

The answers were provided to the students after completing the base-line test. They also were discussed in class.

1. a) no      b) no      c) yes
2. a) yes      b) no      c) no
3. a) yes      b) no      c) no      d) no
4. a) no      b) yes      c) no
5. yes
6. a) yes      b) yes      c) no      d) no      e) no  
 f) no      g) no      h) yes      i) no
7. a) yes      b) yes      c) no      d) yes      e) no  
 f) yes      g) yes      h) yes      i) no      j) no      k) no
8. a) no      b)no      c) yes      d)no      e) no  
 f) no      g) no      h) no      i) yes      j) yes      k) no
9. a) yes      b) no      c) yes      d) no      e) no  
 f) no      g) no
10. yes
11. a) yes      b) no      c) no      d) no      e) yes  
 f) yes      g) yes      h) yes      i) yes
12. no
13. no
14. & 15. included charts which are not inserted here.