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### Question: 1

Which of the following skin and mucous membrane symptoms is commonly associated with allergic reactions?

- A. Hives (urticaria)
- B. Petechiae
- C. Erythema migrans
- D. Cafe-au-lait spots

Answer: A

Explanation: Hives, also known as urticaria, are commonly associated with allergic reactions. Hives are characterized by raised, itchy, and often red welts on the skin that can vary in size and shape. They are typically caused by the release of histamine and other chemicals in response to an allergen, such as certain foods, medications, or insect bites. Hives can be acute (lasting less than six weeks) or chronic (persisting for more than six weeks) and may require treatment with antihistamines or other medications to relieve symptoms.

### Question: 2

Which of the following congenital anomalies is characterized by an incomplete closure of the spine and spinal cord protrusion?

- A. Cleft lip and palate
- B. Spina bifida
- C. Down syndrome
- D. Esophageal atresia

Answer: B

**Explanation:** Spina bifida is a congenital anomaly characterized by an incomplete closure of the spine and spinal cord protrusion. It can range in severity from mild cases with no or minimal symptoms to severe cases involving paralysis and significant neurological deficits. The exact cause of spina bifida is unknown but is thought to involve a combination of genetic and environmental factors. Treatment often involves surgical correction of the spinal defect and ongoing management of associated complications, such as hydrocephalus and bowel/bladder dysfunction.

### **Question: 3**

Which of the following metabolic conditions is characterized by an inability to properly metabolize phenylalanine?

- A. Sickle cell disease
- B. Cystic fibrosis
- C. Hypothyroidism
- D. Phenylketonuria (PKU)

**Answer:** D

**Explanation:** Phenylketonuria (PKU) is a metabolic condition characterized by an inability to properly metabolize phenylalanine, an amino acid found in many protein-rich foods. Without appropriate treatment and dietary management, phenylalanine can accumulate to toxic levels in the body, leading to intellectual disability and other neurological problems. Early detection through newborn screening and strict adherence to a low-phenylalanine diet are essential in managing PKU and preventing long-term complications.

### **Question: 4**

Which of the following cardiac conditions is characterized by a "hole" in the

wall separating the heart's chambers?

- A. Tetralogy of Fallot
- B. Atrial septal defect
- C. Ventricular septal defect
- D. Patent ductus arteriosus

Answer: C

Explanation: Ventricular septal defect (VSD) is a cardiac condition characterized by a "hole" in the wall (septum) separating the heart's ventricles. This hole allows blood to flow between the ventricles, causing an increase in workload for the heart. The severity of VSD can vary, and it may close on its own or require surgical intervention. Symptoms may include poor feeding, failure to thrive, rapid breathing, and increased susceptibility to respiratory infections.

### Question: 5

Which of the following pulmonary conditions is characterized by chronic inflammation and narrowing of the airways?

- A. Cystic fibrosis
- B. Asthma
- C. Bronchopulmonary dysplasia
- D. Pneumonia

Answer: B

Explanation: Asthma is a pulmonary condition characterized by chronic inflammation and narrowing of the airways. This narrowing leads to recurrent episodes of wheezing, coughing, chest tightness, and shortness of breath.

Triggers for asthma symptoms can vary among individuals and may include allergens, exercise, respiratory infections, or exposure to irritants. Treatment typically involves medications to control inflammation and bronchodilation, as well as avoidance of triggers and lifestyle modifications.

### **Question: 6**

Which of the following neuromuscular conditions is characterized by progressive muscle weakness and degeneration?

- A. Cerebral palsy
- B. Spina bifida
- C. Duchenne muscular dystrophy
- D. Tourette syndrome

Answer: C

Explanation: Duchenne muscular dystrophy is a neuromuscular condition characterized by progressive muscle weakness and degeneration. It predominantly affects males and usually becomes apparent in early childhood. The condition is caused by a genetic mutation that leads to the absence of a protein called dystrophin, which is essential for maintaining muscle integrity. As the disease progresses, individuals with Duchenne muscular dystrophy may experience difficulty walking, respiratory complications, and cardiac problems. There is currently no cure, but various interventions, such as physical therapy, respiratory support, and medications, can help manage symptoms and improve quality of life.

### **Question: 7**

Which of the following musculoskeletal conditions is characterized by abnormal curvature of the spine?



- A. Muscular dystrophy
- B. Osteogenesis imperfecta
- C. Juvenile idiopathic arthritis
- D. Scoliosis

Answer: D

Explanation: Scoliosis is a musculoskeletal condition characterized by abnormal curvature of the spine. It can develop during childhood or adolescence and may be idiopathic (cause unknown) or secondary to other underlying conditions. The curvature can be mild, moderate, or severe, and it may progress over time. Treatment options for scoliosis include observation, bracing, and, in severe cases, surgical intervention to correct the curvature and stabilize the spine.

### Question: 8

Which of the following neurological conditions is characterized by recurrent seizures?

- A. Cerebral palsy
- B. Autism spectrum disorder
- C. Epilepsy
- D. Down syndrome

Answer: C

Explanation: Epilepsy is a neurological condition characterized by recurrent seizures. Seizures are caused by abnormal electrical activity in the brain, resulting in a variety of symptoms ranging from convulsions and loss of consciousness to subtle changes in behavior or sensation. Epilepsy can have

various underlying causes, including genetic factors, brain injury, or structural abnormalities. Treatment typically involves antiepileptic medications, lifestyle modifications, and, in some cases, surgical intervention.



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