

REPRODUCTIVE HEALTH

1. An ideal contraceptive should be
 - (A) User friendly and easily available
 - (B) Less effective and irreversible-
 - (C) Capable of interfering with the sexual drive and desire of the user.
 - (D) All of these

1.(A)

An ideal contraceptive should be User friendly, easily available, highly effective, discrete and should not harm the body in any way.

2. Which of the following is a traditional contraceptive method?
 - (A) Natural method
 - (B) Barrier method
 - (C) Oral contraceptives
 - (D) Surgical method

2. (A)

Modern contraceptive methods are more effectiveness to prevent pregnancy than traditional contraceptive method and it includes Barrier method, oral contraceptives and surgical method.

3. The contraceptive method with almost no side effects is
 (A) Periodic abstinence (B) Lactational amenorrhoea (C) Coitus interruptus (D) Periodic abstinence, coitus interruptus and lactational amenorrhoea are less effective traditional methods of contraception with no side effects.

4. Mark the wrong statement w.r.t. condoms
 (A) Provide protection against STDs and AIDS
 (B) Used by both male and females
 (C) Provide privacy to the user
 (D) Self inserted and reusable
 (D) Condom is a sheath-shaped barrier device used by both male and females during sexual intercourse to get protection against STDs and AIDS, it also reduce probability of pregnancy with privacy.

5. Additional effect of the hormone releasing IUDs compared to copper releasing IUDs is
 (A) Suppressing the sperm motility
 (B) Reducing the fertilising capacity of the sperms
 (C) Making the uterus unsuitable for implantation and the cervix hostile to the sperms
 (D) Increasing phagocytosis of sperms within the uterus

5. (C) Copper releasing IUDs release copper that acts as a spermicide within the uterus whereas hormone releasing IUDs making the uterus unsuitable for implantation and the cervix hostile to the sperms and thus reduce chance of fertilization.

6. Which of the following is the most widely accepted method of contraception in India?

(A) Surgical methods

(B) IUDs

(C) Implants

(D) Injectables

6. (B)

IUDs are most widely accepted method of contraception in India they. They are of two types-

Copper releasing IUDs and hormone releasing IUDs.

7. Oral contraceptives

(A) Inhibit ovulation and implantation

(B) Alter the quality of cervical mucus to prevent/ retard entry of sperms.

(C) Increase phagocytosis of sperms

(D) Both (A) & (B)

7. (D)

Oral contraceptives are also known as birth control pills. It controls birth by inhibiting follicular development and prevent ovulation as primary mechanism of action along

with this it retards of sperm penetration through the cervix into the upper genital tract.

8. Injectables and implants differ from oral contraceptives in
 - (A) Chemical composition
 - (B) Mode of action
 - (C) Having much longer effective periods
 - (D) Inhibiting ovulation and implantation
8. (C)
Oral contraceptives are 99% effective if they have been use correctly but their effective period is much less than injectables and implantable methods.
9. Which of the following can be used as emergency contraceptive within 72 hours of coitus to avoid possible pregnancy due to rape or casual unprotected intercourse? (A) Progestogens (B) Progestogen-estrogen combinations (C) Condoms (D) both A and B (D) Emergency contraception method is used within 5 days or as soon as possible after sexual intercourse to prevent pregnancy after rape or casual unprotected intercourse. Any of progestogens or progestogen-estrogen combinations is recommended as emergency contraception.

10. Surgical methods, also called sterilization, are used as terminal contraception methods to prevent any more pregnancies. Surgical intervention

- (A) Inhibits gamete release
- (B) Inhibits gamete formation
- (C) Blocks gamete transport
- (D) All of these

10. (C)

Surgical methods block the path from which the gametes reach towards each other. It is 100% effective method.

11. Which contraceptive method is highly effective but has very poor reversibility?

- (A) IUDs
- (B) Implants
- (C) Injectable
- (D) Sterilization

11. (D)

Sterilization is permanent and highly effective (100% effective) method but they are non-reversal. Most frequently used sterilization methods are tubal ligation and vasectomy for women and men respectively.

12. One should use contraceptive methods
- (A) To prevent pregnancy
 - (B) To delay or space pregnancy
 - (C) For the maintenance of reproductive health
 - (D) All of these

12. (D)

Contraceptive methods are used to prevent or delay pregnancy. These methods are also used to avoid STDs, AID and for maintenance of reproductive health.

13. Mark the wrong statement w.r.t. medical termination of pregnancy (MTP)

- (A) 45 to 50 million MTPs are performed each year all over the world.
- (B) It accounts for termination of 1/5th of total number of conceived pregnancies per year.
- (C) It is mainly performed for the purpose of decreasing the population size.
- (D) MTPs are relatively safe during first trimester of pregnancy.

13. (C)

Inspite of medical termination of pregnancy, contraceptives are used for the purpose of decreasing the population size

14. Which one is the most dangerous sexually transmitted disease?

- (A) Hepatitis-B
- (B) Genital warts
- (C) Genital herpes
- (D) AIDS

14. (D)

AIDS is caused by HIV virus. It weakens the immune system and can't be cured.

15. Which of the following are not completely curable STDs?

- (A) AIDS and hepatitis-B
- (B) AIDS and genital herpes
- (C) Hepatitis-B and genital herpes
- (D) All of these

15. (D)

Genital herpes and AIDS are sexually transmitted disease (STD). Hepatitis B is a viral infection disease in which liver gets infected. These diseases cannot be completely curable.

16. Prevention of transmission of STDs is possible by

- (A) Avoiding sex with unknown persons/multiple partners
- (B) Using condoms during coitus
- (C) Consulting a qualified doctor for early detection and getting complete treatment if diagnosed with disease
- (D) All of these

16. (D)

STDs are transmitted by un-protective sexual intercourse. It can prevent by using condoms, by avoiding sex with unknown persons/multiple partners and by consulting a qualified doctor for early detection and getting complete treatment if diagnosed with disease.

17. In artificial insemination technique, the semen is collected

(A) Only from the husband and is artificially introduced into vagina

(B) Only from healthy donor and is artificially introduced into vagina

(C) Either from the husband or from a healthy donor and is artificially introduced only into oviducts

(D) Either from husband or a healthy donor is artificially introduced into the vagina or into uterus

17. (D)

Artificial insemination is an infertility treatment method in which semen either from husband or healthy donor is artificially introduced directly into a womb.

18. Infertility cases like inability of the male partner to inseminate the female or very low sperm count in the ejaculate could be corrected by

- (A) Gamete intra fallopian transfer
- (B) Zygote intra fallopian transfer
- (C) Intra uterine transfer
- (D) ICSI

18. (C)

Intrauterine Insemination technique is used in case of infertility of male partner in which sperm is directly inserted in a woman's womb to facilitate fertilisation.

19. Some important STDs and their causative agents are given below. Mark the wrong match

STD	Causative agent
(A) Genital warts —	<i>Herpes simplex virus</i>
(B) Chancroid —	<i>Haemophilus ducreyi</i>
(C) Syphilis —	<i>Treponema pallidum</i>
(D) Gonorrhoea <i>gonorrhoeae</i>	— <i>Neisseria</i>

19. (A)

Genital warts are sexually transmitted infection caused by the human papillomavirus (HPV).

20. Which of the following statements is not correct about the contraceptive pill 'Saheli'?

- (A) High contraceptive value with few side effects
- (B) Developed by scientists at CDRI, Lucknow
- (C) Daily pill
- (D) Non steroidal preparation

20. (C)

Contraceptive pill saheli is non-steroidal or non-hormonal pill that contains ormeloxifene. It is use twice a week for the first three months thereafter only once a week.

21. Which of the following is the specific function of copper ions in copper releasing IUDs?

- (A) Suppressing sperm motility
- (B) Making the cervix hostile to the sperms
- (C) Reducing fertilising capacity of the sperms
- (D) Increasing phagocytosis of sperms

21.(A)

Copper releasing IUDs release copper that acts as a spermicide within the uterus reduce chance of fertilization.

22. Following are the reasons behind explosive growth of population except
- (A) Decline in maternal mortality rate
 - (B) Decline in infant mortality rate
 - (C) Decline in number of people in reproductive age group
 - (D) Decline in death rate

22. (C)

Due to enhancement of medical facility, maternal mortality rate, infant mortality rate and death rate are declined. All these are the major reasons behind the explosive population growth.

23. GIFT (Gamete intra fallopian transfer) is applicable to a female who cannot
- (A) Produce an ovum
 - (B) Provide suitable environment for fertilization
 - (C) Provide suitable environment for further development
 - (D) All of these

23. (D)

Gamete intrafallopian transfer (GIFT) is applicable to a female who are not reproductively healthy. In this technique from women's ovaries eggs are removed and insert in other's Fallopian tubes, along with the man's sperm.

24. Which of the following contraceptive devices is inserted by doctor or trained nurse in the uterus through the vagina? (A) Diaphragm (B) Vault (C) Cu-T (D) 24. (C)

Both (B) & (C)

Copper releasing IUDs are inserted by doctor or trained nurse in the uterus through the vagina to avoid or space pregnancies. They work as spermicide by releasing copper within the uterus.

25. Which of the following is incorrect match?

- (A) Non medicated IUD – Lippes loop
- (B) Saheli contraceptive pill – Once a week
- (C) Hormone releasing IUD – Progestasert
- (D) Copper releasing IUD – LNG-20

25. (D)

LNG-20 is hormone based IUDs whereas copper releasing IUD are cu based IUDs.

26. In a vasectomised person

- (A) Testis fail to produce sperm
- (B) Seminal vesicles & prostate regress
- (C) Sperm are produced but undergo phagocytosis in epididymis.

(D) Very few sperm are capable of crossing vas deferens.

26. (C)

Vasectomy is a surgical method in which sperm path is blocked and undergoes phagocytosis in epididymis.

27. In a tubectomised females

(A) Ovaries do not produce ova (B) Fertilization occurs

(C) Menstrual bleeding stops (D) Fertilization cannot occur

27. (D)

Tubectomy is 100% effective female's surgical method. Surgery inhibits fertilization by obstruct sperms that reach the fallopian tubes.

28. Which of the following is not a natural method of contraception?

(A) Coitus interruptus

(B) Rhythm method

(C) Diaphragm

(D) Lactational amenorrhoea method

28. (C)

Periodic abstinence or rhythm method, coitus interruptus and lactational amenorrhoea are natural methods of contraception with no side effects.

29. Which of the following is true for subdermal implants like 'Norplant'?
- (A) It reduces frequent visits to clinics.
 - (B) It ensures an even release of hormone.
 - (C) It is non-biodegradable and need removal at the end of its use.
 - (D) All of these

29. (D)

Subdermal contraceptive like Norplant are implanted under the skin which reduce chances of pregnancy in female by gradually releasing levonorgestrel hormone. It ensures an even release of hormone and reduces frequent visits to clinics. Due to non-biodegradable nature it needs removal at the end of its use.

30. Several mechanisms are responsible for contraceptive effect of an IUCD. Which of the following is incorrect?
- (A) Presence of a foreign body in uterine cavity renders sperm migration difficult.
 - (B) It causes leukocytic infiltration in endometrium & macrophages engulf the fertilized egg if it enters endometrial tissue.
 - (C) Constant release of copper ions brings about enzymatic changes in endometrium and makes it unfavourable for implantation.
 - (D) It causes suppression of ovulation.

30. (D)

Cu and hormones based IUDs inhibits fertilization by suppressing sperm movement and making endometrium unfavourable for implantation, also cause leukocytic infiltration in endometrium & macrophages engulf the fertilized egg if it enters.

31. Which of the following STDs cannot be treated with antibiotics?

(A) Genital herpes

(B) Chancroid

(C) Syphilis

(D) Gonorrhoea

31. (A)

Genital herpes caused by herpes simplex virus type 2, therefore its treatment cannot be possible by antibiotics.

32. Which of the following agents of STDs can cross the placenta?

(A) *Trichomonas*

(B) HIV

(C) *Treponema*

(D) Both (B) & (C)

32. (D)

In some STDs such as syphilis, gonorrhoea, Chlamydia, hepatitis B, genital herpes and HIV, disease causing agents can infect the baby by crossing the placenta.

33. Following are uses of amniocentesis except
- (A) Detection of fetal abnormalities by analyzing chromosomal defects.
 - (B) Study of metabolic defects of fetus.
 - (C) Examination of the sex of the fetus leading to increase in female foeticide.
 - (D) Both (B) & (C)

33. (C)

Amniocentesis is a process in which amniotic fluid is used to detect abnormalities and metabolic defects in the developing fetus by analyzing fetus chromosomes.

34. Which of the following is a copper releasing IUD?
- (A) Lippes loop
 - (B) Multiload 375
 - (C) LNG-20
 - (D) Progestasert

34. (B)

Lippes loop is double S-shaped plastic intrauterine contraceptive, LNG-20 is hormonal intrauterine contraceptive and Multiload 375 is copper releasing intrauterine contraceptive.

35. Contraceptive method with maximum chances of failure is
- (A) IUD
 - (B) Condoms
 - (C) Oral contraceptives
 - (D) Rhythm method

35. (D)

Natural contraceptive methods such as rhythm method have maximum chances of failure.

36. In vasectomy, a small part of the _____ is removed or tied up through a small incision on the scrotum
- (A) Epididymis (B) Vasa efferentia
(C) Ductus deferens (D) Fallopian tubes

36. (C)

Vasectomy is a surgical method in which small part of the ductus deferens is removed or tied up through a small incision on the scrotum.

37. In the production of test tube babies
- (A) Fertilization is external and foetus formation is internal.
(B) Fertilization is internal and foetus formation is external.
(C) Fertilization and foetus formation are external.
(D) Fertilization and foetus formation are internal.

37. (A)

Test tube babies is In vitro fertilization process in which for fertilization egg is combined with sperm outside the body and after successful fertilization foetus is implanted inside the maternal uterus.

38. In intra cytoplasmic sperm injection (ICSI), a sperm is directly injected into the ovum placed in

- (A) Ovary
- (B) Oviduct
- (C) Uterus
- (D) Nutrient broth

38. (D)

In Intracytoplasmic sperm injection procedure single sperm cell is injected directly into the cytoplasm of an ovum placed in nutrient broth, in order to prepare the gametes for the obtention of embryos.

39. The birth control device not used by women is

- (A) Diaphragm
- (B) Oral pills
- (C) Nirodh
- (D) Copper T

39. (C)

Birth control device nirodh is the first condom used by males.

40. A method of birth control is

- (A) GIFT
- (B) IVF-ET
- (C) IUDs
- (D) All of these

40. (C)

Gamete intrafallopian transfer(GIFT) and in Vitro Fertilization & Embryo Transfer (IVF-ET) are procedures used to achieve pregnancy while IUDs are used to avoid pregnancy.

41. Which of the following contraceptive method is exclusively for males

- (A) Condoms
- (B) Vasectomy
- (C) Tubectomy
- (D) IUCDs

41. (B)

Vasectomy is surgical contraceptive method in which males vasa deferentia is cut and tied.

42. RCH stands for

- (A) Reproductive and clinical health
- (B) Regular contraceptive hormonal method
- (C) Reproductive and child health care programme
- (D) Research centre for hormonal contraceptives

42. (C)

Reproductive and child health care programme (RCH) was launched throughout the country on 15th October, 1997.

43. Which of the following statement is false?

- (A) WHO has defined reproductive health as a total well-being in physical, emotional, behavioral & social aspects of reproduction.
- (B) Incidence of infection of STDs is maximum in individuals of 15-24 years of age
- (C) Family planning was initiated in 1951 in India
- (D) None of these

43. (D)

Family planning was initiated in 1951 in India and in the developing world; India became the first state who sponsored family planning program. According to WHO reproductive health is a total well-being in physical, emotional, behavioral & social aspects of reproduction. Maximum rate of Incidence of STDs infection is found in 15-24 years of age individuals.

44. Which of the following is not a reason for infertility in females?

- (A) Gonadotropin deficiency (B) Anovulatory cycle
(C) Salpingitis (D) Orchitis

44. (D)

Orchitis is a bacterial or viral inflammation of the testicles found in males therefore it is not a reason for infertility in females.

45. "Saheli" pill contains a nonsteroidal preparation called

- (A) Centchroman (B) Mifepristone
(C) Nanoxynol-9 (D) Medroxyprogesterone acetate

45. (A)

Contraceptive pill saheli is Centchroman containing pill.

Among all the pills it is only non-steroidal pill that is use twice a week for the first three months thereafter only once a week.