

# Phototherapy

## dr mazen

### 2013 final

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Phytotherapy

28 December, 2013  
Time: 2h  
M: /100

### FINAL EXAM 2013/2014

اسم الطالب/ة بالحرية (ثلاثي):

#### I. Truth or False:

(30M)

Statement	T/F	No.	Statement	T/F
The placebo effect is the measurable, observable, or felt improvement in health not attributable to treatment.		16	Fruit isn't good for Diabetic patients	
The possibility of controls, double-blind and random testing is to reduce error.		17	An elevated homocysteine level is a risk factor for diabetic disease.	
The purpose of pharmacist consultation with patients is to find out what the patient wants.		18	Probiotics promote the growth of benefit bacteria.	
Medications to treat depression change your brain chemistry?		19	Establishing who the patient age in common cold will influence the Pharmacist's decision about drugs.	
Celiac disease is a caused by a reaction to diet.		20	Camphor is contraindicated in bronchial asthma.	
Inflammation one of the chemical barriers of adaptive immune system.		21	Asthmatic attacks can be triggered by respiratory viral infections.	
Malnutrition is the most common cause of immunodeficiency.		22	Mosquitoes not spread hepatitis C	
Diabetic patient don't need to change his/her diabetes regimen unless your A1C is greater than 8 percent.		23	The virus HAV is transmitted by the blood, and other liquids routs except milk breast.	
Much sensitivity would not be considered allergies.		24	All people with chronic hepatitis have elevated liver enzyme levels.	
Depression describes any feeling of hopelessness, worry or fear.		25	Sneezing, coughing and sharing eating utensils not spread the hepatitis C.	
The frequency of nervous disorders and stress intolerance increases with age.		26	Fasting blood sugar test is useful in monitoring blood glucose control	
Patients with severe anxiety typically have difficulty going back to sleep.		27	Polycystic ovary syndrome increases the risk of developing type 2 diabetes.	
Oral contraceptives, iron deficiency and B12 deficiency can lead to depression.		28	Protein necessary for diabetic patients is 30% from total meal/day.	
Hepatitis B can be spread by coughing and sneezing, just like a cold.		29	Inability while asleep to recognize neurologic messages sent by the full bladder to the sleep arousal centers of the brain called Urinary incontinence.	
Eating too much sugar causes diabetes.		30	Acidic environment in vagina inhibits the overgrowth of bacteria.	

- II. Please Read & Think Carefully and then Select the Best Correct Answer
- Amal asks your advice about her 7-years-old daughter whose eczema has worsened recently. She tells you that she has been using herbs, which has proved very helpful until the last week or so. The eczema has spreading especially on her arms and legs. She would like to use a safe formula but steroid in contain as she has heard about its side-effects.  
Which from the following Recipes consider the best for her daughter?

Rx1	Rx2	Rx3
Aloe Nettle Sulfur	Black cohosh Chamomile Sulfur	Ginger Oregon Echinacea

Reasons

Rx selected is because:

- A 23-year-old with mild-to-moderate papulopustular acne on the face and chest that had not responded to systemic erythromycin treatment so far. He also complained of clay-like stools. He was vegan (and had been seven years) except for occasional dairy product intake and was in a stress educational program. He used no medication but was taking a multivitamin with vitamin C. Blood tests revealed that he had low-grade macrocytic anemia.
  - What is your advice regarding his lifestyle?
    - 
    -
  - Mention 2 herbal drugs (not nutrients) consider the best for the patient.
    - 
    -

3. Mention 8 items which not spread hepatitis

(4M)

1		5	
2		6	
3		7	
4		8	

4. Discuss briefly about Urinary Incontinence

(5M)

Definition:

Causes:

Treatment

i.

ii.

5. Select from the following what Pharmacist need to know / ask in case of  
a. Cold & Flu. Please explain your selection (s).

- Age
- Sex
- Other respiratory disorder such as COPD.
- How long have the symptoms been present?
- If the patient suffer from Hypertension or Diabetes
- With / without persisting fever and productive cough
- With / without pleuritic-type chest pain.
- If the patient suffer from asthma.
- Medication being taken such as antibiotics?

case of:

(10)

b. Mouth ulcer. Please explain your selection (s). (10M)

- Age
- Sex
- Nature of the ulcers
- How long have the symptoms been present?
- If the patient suffer from Hypertension or Diabetes
- Previous history
- Other symptoms
- Medication being taken such as antibiotics?

c. Diarrhoea: Please explain your selection (s).

- Age
- Sex
- How long have the symptoms been present?
- If the patient suffer from Nausea/vomiting and abdominal cramps.
- Recent travel abroad?
- Medication being taken?

6. A young woman in her twenties, asks to have a quiet word with you. She tells you that she thinks she has cystitis. On questioning, you find that she is not passing urine more frequently than normal, but that her urine looks dark and smells unpleasant. She has back pain and has been feeling feverish during today. She is not taking any medicine from the doctor and has not tried anything to treat her symptoms.

a. What is cystitis? (2M)

b. Comment the presence of fever and back pain. (2M)

c. What is your advices for her lifestyle? (2M)

i.

ii.

iii.

d. Mention 2 nutrients best indicates in such cases. (3M)

i.

ii.

e. Mention 3 herbal drugs best indicates in such cases (3M)

i.

ii.

iii.

7. Can you prevent cancer disease?

If yes how, and if no why?

Yes  No

1.

2.

3.

4.

5.

**GOOD LUCK!**  
**Dr. Mazen El-Sakka**  
**December 28, 2013**