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QUESTION 1

Since 1997, the American Heart Association (AHA) has attempted to increase awareness about cardiovascular disease (CVD) among women. Fortunately, great progress has been made to educate individuals about CVD and its consequences. According to the AHA\\'s 2011 Guidelines for Prevention of Cardiovascular Disease in Women, the misconception that CVD is a "man\\'s disease" has been somewhat disproved, as awareness among the general public increased from 30% in 1997 to 54% in 2009. Unfortunately, CVD continues to be the leading cause of death in the United States for both men and women. Since 1984, the number of deaths related to CVD in women exceeded those in men. In the United States, CVD death rates among women aged 35 to 54 years appear to be increasing by 1% annually, which is most likely attributable to the escalating obesity epidemic. According to the AHA, even though CVD is the number 1 cause of death among women, only 13% of women perceive CVD as a health threat. CVD is responsible for more deaths among women than the next 3 leading causes of death combined, including all forms of cancer. Due to the ongoing prevalence of CVD, increasing awareness and understanding of CVD, especially among the female population, is still a top priority for many health care professionals. As one of the most accessible health care professionals, pharmacists are in a pivotal position to educate and inform their patients of the risks associated with CVD, possible drug therapies, and preventive measures. The AHA has set a goal for 2020 to improve cardiovascular health in all Americans by 20%, while reducing deaths from CVD and stroke by 20%. According to the American Heart Association, in the United States a woman dies of some form of CVD every minute and more than 1 in 3 females have some form of CVD. Studies have demonstrated that gender differences may play an important role in the diagnosis, treatment, and prevention of CVD. Unfortunately, many women may not always recognize the warning signs and symptoms of a heart attack because they sometimes appear more subtle when compared with those typically experienced by men. Results from a study of 515 women who had heart attacks report that 43% did not experience any type of chest pain or pressure during the heart attack. Although the classic symptoms include chest pain, tingling in the left arm, sweating, and shortness of breath, women may also experience some "atypical" symptoms, such as extreme fatigue, nausea, dizziness, indigestion, vomiting, and pain in the neck or back. By learning and recognizing the warning signs, women can take a proactive approach to their cardiovascular health and get treatment earlier to prevent further complications.

Awareness of cardiovascular disease (CVD) among women was partially limited because:

- A. The American Heart Association did not do enough to raise awareness prior to 1997.
- B. There was a prevailing misconception that AVD was a "man\\'s disease."
- C. The Guidelines for Prevention of Cardiovascular Disease in Women was not published until 1997.
- D. The AHA was ill-informed about the statistics of CVD occurrence in men and women.

Correct Answer: B

The passage states, "the misconception that CVD is a "man\\'s disease" has been somewhat disproved, as awareness among the general public increased."

QUESTION 2

Which of the following is NOT a result of sympathetic stimulation?

- A. increase in blood pressure
- B. increase of blood flow to intestines
- C. increase in blood flow to the brain

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D. dilation of pupils

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Correct Answer: B Sympathetic stimulation, associated with the fight-or-flight response, results in an increased blood pressure to help the body deal with a stressful situation. The body diverts blood away from digestion and the digestive system in favor of the skin, the muscles, and the brain. **QUESTION 3** Which of the following yields the least ATP directly? A. TCA cycle B. oxidative phosphorylation C. glycolysis D. Beta Oxidation Correct Answer: A The TCA cycle yields 2 GTPs (molecules that can be converted to ATP but are not ATP themselves), oxidative phosphorylation, which includes the ETC, can yield from 32 to 34 ATP. Glycolysis yields 2 ATP. Beta oxidation yields a range over 100 ATP that depends on the length of the fatty acid being degraded. **QUESTION 4** Which of the following is necessary for the penetration of an egg? A. the flagellum B. mitochondria C. acrosome D. centriole Correct Answer: C In order to penetrate an egg, a spermatozoon must bind with the exterior of the egg. This binding takes place by way of the acrosome reaction, in which the sperm penetrates the jelly coat of the egg to breach and fuse with the egg plasma membrane before releasing its constituents into the eggs cytoplasm. **QUESTION 5** For vision, ___ must be converted to ____ in the cells of the retina. A. vitamin C, retinal B. vitamin E, biotin Latest PCAT Dumps | PCAT PDF Dumps | PCAT Study Guide 3/4



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C. vitamin A, retinal

D. vitamin A, biotin

Correct Answer: C

Vitamin A is a precursor of retinal, which is the chemical compound that enables animals to see. Biotin is associated with vitamin B. Carrots are known to be good for vision because they are high in vitamin A.

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