

Obesity

1. Diabetes can be treated with:

1. adrenaline
2. Aspartame
3. Insulin
4. Glucosamine

2. Hyperglycaemia occurs when there is an excess of glucose in our bloodstream, what is the disease associated with that?

1. Alzheimer's disease
2. Type 2 Diabetes
3. Osteoarthritis
4. Asthma

3. Untreated diabetes can cause the following:

1. loss of sight
2. cardiac problems
3. sores that don't heal
4. all of the above

Cancer

4. Cancer is a term used to describe disease where a person's cells

1. start to attack other cells in their body.
2. grow and divide in an uncontrolled manner.
3. are functioning normally.
4. are infected by a virus or bacteria.

5. The most common type of cancer in Australia is

1. Skin cancer (melanoma)
2. Breast cancer
3. Leukaemia
4. Lung cancer

6. What lifestyle factors contribute to a person's risk of cancer

1. smoking
2. inactivity

- 3. poor diet
- 4. all of the above

Superbugs and antibiotic resistance

7. Antibiotics are effective against:

- a. Viruses
- b. Fungi
- c. Bacteria
- d. Parasites

8. What are Superbugs?

- a. Strains of viruses that are resistant to drugs
- b. Strains of bacteria that are resistant to several types of antibiotics
- c. Strains of bacteria that are big in size
- d. Very large viruses

9. Ways to protect yourself against superbugs

- a. Wash your hands frequently
- b. Maintain your immunity by vaccination
- c. Do not use antibiotics for colds and flu
- d. All of the above

Genetic engineering

10. Genetic engineering has been used to do all of the following except:

- a) Making plants more resistant to disease
- b) Produce human insulin from bacteria
- c) Make animals grow faster
- d) All of the above were achieved by genetic engineering

11. What does the term GMO stand for?

- a) Genetically modified organism
- b) Genetically mutated organism
- c) Genetically made organism
- d) Genetically made organ

12. The first genetically modified pet is:

- a) A cat
- b) A dog
- c) A fish
- d) A mouse

Metals in health and disease

13. Copper, iron and zinc are metals present in small amounts in the body but are essential for human health. Which scientific term describes such elements?

- a-Essential trace elements
- b-Essential common elements
- c-Likely essential elements
- d-Essential macroelements

14. Which medical term describes the genetic disorder that causes 'iron overload' in the body?

- a-Anaemia
- b-Cancer
- c-Haemochromatosis
- d-Diabetes

15. Which of the following foods are sources of copper?

- a-Cashew nuts
- b-Seafood
- c-Dark chocolate
- d-All of the above

Dementia and Mental Health

16. A recent craze, "The Ice Bucket Challenge" was initiated to support which one of these diseases?

- (a) Alzheimer's disease
- (b) Parkinson's disease
- (c) Motor neuron disease
- (d) Depression

17. What is/are the risk factors for dementia?

- (a) Poor levels of physical exercise
- (b) Poor diet
- (c) Cigarette smoking
- (d) All of the above

18. What is the specific function of the enteric nervous system?

- (a) Controls activities in the brain and spinal cord
- (b) Controls motor activities to the limbs
- (c) Controls the function of the gastrointestinal system
- (d) All of the above

Nobel laureates from Australia

19. Which Australian shared the Nobel prize with Alexander Fleming for Penicillin discovery?

- A. Bernard Katz
- B. Peter Doherty
- C. Gustav Nossal
- D. Howard Florey

20. Warren and Marshall won the 2005 Medicine/Physiology Nobel prize for which of the following

- A. Nanoparticles
- B. Drugs for breast cancer
- C. Ear implants
- D. Role of the bacteria *Helicobacter pylori* in gastritis and ulcer

Bonus Question

The Nobel Prize is awarded to scientists who have made important discoveries in science. If you could discover something new and win this award, what would you like to discover?