

Multi Choice Questions

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PHYSIOLOGY

- During resting state of a nerve fibre the charge across the membrane is :
A. inside negative , outside negative
B. outside positive, inside positive
C. outside negative , inside positive
D. outside positive , inside negative
- RBC count at birth is :
A. 5-6 million/cumm B. 4-5 million/cumm
C. 6-7 million/cumm D. 10 million/cumm
- in myasthenia gravis, an autoimmune disease the antibodies are formed against :
A. nicotinic receptors B. muscarinic receptors
C. both A & B D. none of these
- which of the following is not present in saliva :
A. lactoferrin B. ptyalin
C. IgA D. None of these
- arterial diastole has a duration of :
A. 0.5 sec B. 0.1 sec
C. 0.7 sec D. 0.8 sec
- sleep apnoea is caused due to the contraction failure of the muscle :
A. styloglossus B. genioglossus
C. hyoglossus D. sternocleidomastoid
- renal threshold for glucose is :
A. 180 mg / dl B. 160 mg / dl
C. 140 mg / dl D. 220 mg / dl
- tapping of the facial nerve in front of the ear that results in the ipsilateral contraction of the facial muscles that show facial irritability in tetanus is :
A. babinski's sign B. chvostek's sign
C. victoria's sign D. alaxender's sign
- type of synapses in the olfactory pathways are :
A. axo-dendritic B. axo-somatic
C. axo-axonal D. dendrodendritic
- colour of the eye is due to :
A. cornea B. conjunctiva
C. iris D. retina

BIOCHEMISTRY

- RDA value is highest in the following vitamins :
A. vit. A B. vit C
C. vit D D. vit B-12
- phenylketonuria is caused by the deficiency of enzyme :
A. phenylalanine oxidase
B. phenylalanine decarboxylase
C. phenylalanine hydroxylase
D. phenylalanine synthetase
- what is produced when glutamic acid is decarboxylated :
A. aspartic acid B. pyruvic acid
C. GABA D. Lactic acid
- which of the following have/has quaternary structure :
A. keratin B. hemoglobin
C. immunoglobulin D. both B & C
- which of the following statements is false :
A. BENEDICT TEST : done for detection of glucose in urine
B. Galactose is the 4th epimer of glucose
C. D-varieties of sugar are common in nature
D. Glucose and mannose are the epimeric pair which differ at carbon 3
- congenital cataract is seen in which condition :
A. hemophilia B. phenylketonuria
C. galactosemia D. alkaptonuria
- normal serum cholesterol level is :
A. 100-120 mg/dl B. 140-160 mg/dl
C. 80-100 mg/dl D. 150-200 mg/dl
- treatment of CO poisoning is :
A. hypobaric oxygen B. hyperbaric oxygen
C. isobaric oxygen D. none of these
- fluorosis is produced when the water conc. Of fluoride is :
A. above 2 ppm B. above 20 ppm
C. above 10 ppm D. above 100 ppm
- sickle cell anemia , huntington's chorea , muscular dystrophy can be identified by :
A. northern blotting B. southern blotting
C. western blotting D. none of these

DENTAL ANATOMY / ORAL HISTOLOGY

- enamel has PERCENTAGE of inorganic content :
A. 90 B. 94
C. 96 D. 65
- ground substance of PDL contains :
A. indifferent fiber plexus B. proteoglycans
C. glycoproteins D. both B & C
- non keratinized areas in oral cavity are :
A. gingiva B. lip & cheek
C. vermilion border D. hard palate
- the primordia of the parotid gland and submandibular gland in humans appear in fetal life in which week :
A. 7-8th B. 4th
C. 6th D. 10th
- carnoy's mixture used for the histochemical staining of the nucleic acids contains :
A. ethyl alcohol , acetic acid , chloroform
B. methyl alcohol , formaldehyde , glycerol
C. glutaraldehyde , aspartic acid , methanol
D. water , hydrogen peroxide , ferric oxide
- first evidence of calcification in permanent mandibular central incisor is seen in :
A. 3-4 months B. 1-2 months
C. 4-5 months D. 6 months
- masseter muscle is attached to :
A. zygomatic arch , ramus and body of mandible
B. lateral pterigoid plate and palatine bone
C. mental spine and symphysis menti of the mandible
D. none of these
- permanent maxillary first molar has :
A. 3 cusps , 3 roots B. 4 cusps , 2 roots
C. 5 cusps , 2 roots D. 5 cusps , 3 roots
- parotid gland is supplied by :
A. superior salivatory nucleus
B. deep petrosal nerve
C. lesser occipital nerve
D. auriculotemporal nerve
- depression of lower jaw is caused by :

- A. temporalis B. lateral pterygoid
C. masseter D. buccinator

HUMAN ANATOMY

- following is a round muscle :
A. deltoid B. teres major
C. gracilis D. rectus femoris
- vein used for I.V. injection is :
A. basalic B. cephalic
C. median cubital D. none of these
- contents of femoral triangle are all except :
A. femoral artery
B. lateral femoral cutaneous nerve
C. genitofemoral nerve
D. superficial inguinal lymph nodes
- stomach is directly supplied by these arteries except :
A. left gastric artery B. right gastric artery
C. short gastric artery D. gastroduodenal artery
- superior vena cava enters the right atrium at the level of coastal cartilage :
A. 4th B. 1st
C. 3rd D. 2nd
- blood brain barrier is absent at all sites except :
A. pineal gland B. optic chiasma
C. post. Lobe of pituitary D. area postrema
- jugular foramen transmits :

- A. hypoglossal nerve B. deep petrosal nerve
C. inf. Petrosal sinus D. facial nerve
- cranial nerve that can regenerate :
A. olfactory B. optic
C. oculomotor D. none of these
 - carotid sheath is pierced by all except :
A. ext. carotid artery
B. glossopharyngeal nerve
C. common facial vein
D. int. carotid artery
 - lamboid suture is present between :
A. frontal & parietal bones
B. parietal & temporal bones
C. occipital & 2 parietal bones
D. none of the above

ANSWER KEY

PHYSIOLOGY

1.(d) 2(c) 3(a) 4(d) 5(c) 6(b) 7(a) 8(b) 9(d) 10(c)

BIOCHEMISTRY

1(b) 2(c) 3(c) 4(d) 5(d) 6(c) 7(d) 8(b) 9(b) 10(b)

DENTAL ANATOMY/ORAL HISTOLOGY

1(c) 2(d) 3(b) 4(c) 5(a) 6(a) 7(a) 8(d) 9(d) 10(b)

HUMAN ANATOMY

1(b) 2(c) 3(d) 4(d) 5(c) 6(b) 7(c) 8(a) 9(d) 10(c)

To have a healthy baby Keep Your Breast Milk Healthy

New mom? Need a primer on breastfeeding?

Breastfeeding is one of the most memorable experiences in your life and you will surely enjoy it. Apart from knowing the importance of breastfeeding, you also need to take certain measures to keep your breast milk healthy. Old wives tales are not always true. Here are a few pointers on what to do and what not to.

A complete diet

You need at least 500- 1000 calories more than your usual caloric requirements while you are breastfeeding. Your diet while breastfeeding should be sufficiently supplemented with folic acid, calcium, and Iron.

Drinking plenty of water (8- 12 glasses) will keep you hydrated and help you produce sufficient milk too.

Choosing a well balanced diet while breastfeeding will keep your breast milk healthy.

Never go on a diet while you are breastfeeding. Your body has enough stores for the first few months of nursing, but eventually you will lag behind.

Am I supposed to be eating this?

Drinking beverages (coffee, tea, cola etc) containing can affect your baby and disturb his sleep patterns.

When moms eat foods such as broccoli, cabbage, onions and cauliflower, it makes their babies gassy. Here are some tips on what to eat and what not to eat while breast feeding.

Keep away from nicotine and alcohol

Smoking while breastfeeding reduces milk production. Smoking also puts your baby at higher risk of asthma, ear infections and sudden infant death syndrome.

Alcohol is another no- no. Very limited drinks, under doctor's advice, perhaps may not har, your baby, but in general, you should greatly limit your alcohol consumption while you are

breastfeeding.

If you cannot stop smoking and drinking, your baby is probably better off being bottle- fed rather than breastfed.

Hop a little, jump a little

Exercise can help you get fitter and shed those extra pregnancy pounds. Avoid strenuous exercise just before breastfeeding since the lactic acid produced can sour your milk. Excessive exercise can affect your milk supply too.

Remember to replace the fluids lost during exercise.

Don't miss the time outs

Rest is as important as exercise. When you are a new mom, it is very easy to neglect yourself. This can take a toll on your health and consequently your milk supply. So, don't worry about the laundry and dishes piling up. Rest when your baby is sleeping.

How safe are medications?

Prescriptions or nonprescription medications while breastfeeding may produce side effects in your baby. The same is true for herbal remedies. An occasional analgesic for a headache will not cause a catastrophe, but even here, be cautious.

Do always seek the help of your health professional before you take any medications or herbal supplement while your are breastfeeding.

Smoking while breastfeeding puts your baby at higher risk of asthma, ear infections and sudden infant death syndrome.

Your role as a nursing mother has just started and you have a long way to go. To keep baby healthy and happy, plan and learn more about breastfeeding.

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