

15/2/18

Comm. M-10

Umar

#43

- Community
- Pathology
- Eye

2018

Class test # 3 ANMC Department of Community Medicine

(Marks = 4 x 10 = 40 , time = 45 min)

SEQ

- ✓ 1) What are modifiable and non modifiable risk factors for hypertension? 114-NA
- ✓ 2) What is tracking of blood pressure? 374 K-PH
- ✓ 3) A 32 years old male comes to your clinic his weight is 93 kg and height is 160cm. calculate his BMI and classify his obesity.
- ✓ 4) In spite of all the efforts, we have not been able to eradicate poliomyelitis from the country. Enumerate the causes of the failure. 430 UHS

$$BMI = \frac{93kg}{160cm} = \frac{93}{(1.6)^2} = \frac{93}{2.56} = \underline{\underline{36.33}}$$

[cm is divided by 100 to change it into meters]

• This person falls in obese category (30- or greater)

Non-modifiable

- Age
- Sex
- gender
- mutation
- genetic
- metabolic

modifiable

- Smoking
- Salt intake
- Alcohol intake.
- lack of exercise.
- obesity.
- oral contraceptive