



وحدة ضمان الجودة



معهد جنوب مصر للأورام

مطور التعليم و التعلم

مرفق رقم ( ٤ / ٤ / ١ / ١ )

عنوان:

مواصفات - ورقة الامتحان  
+ نماذج

## مواصفات اعداد الورقة الامتحانية الجيدة

### أولاً : من حيث الشكل :-

- 1- ينبغي أن تتضمن الورقة بيانات أساسية تدون في أعلى الورقة ، وتفصل عن الاسئلة بفواصل واضح . وهذه البيانات هي :
  - The names and the logo of the university, institute and department.
  - The degree (MD/master), which part (first /second) and the name of the program (medical oncology, surgical oncology , etc) .
  - The name and the code the course e.g. (Clinical chemistry702).
- 2- أن تكون ورقة الامتحان :
  - مطبوعة طباعة جيدة علي الكمبيوتر .
  - مقروءة ، خالية من الاخطاء اللغوية والمطبعية .
- 3- تعليمات الامتحان ككل واضحة ، وتعليمات كل سؤال واضحة ايضاً .
- 4- الاسئلة واضحة ومفهومة .
- 5- السؤال بأكمله في صفحة (بمعني أنه لا يوجد جزء من السؤال او البند في الصفحة والباقي في الصفحة التالية) .
- 6- ألزمن أمتاح كاف لقراءة الاسئلة وفهمها والاجابة عنها ومراجعتها .
- 7- يسجل امام كل سؤال ( أو كل جزء من السؤال ) درجته .
- 8- ادراج اسئلة MCQ علي ان لا تقل عن 25% من الامتحان .
- 9- يفضل في نهاية ورقة الامتحان ان تكتب عبارة تفيد بانتهاء الاسئلة ويكتب أسم الممتحن او اسماء لجنة الامتحان .

### انياً : من حيث المضمون :-

- 1- ارتباط أسئلة الامتحان بأهداف المقرر .
- 2- شمول الامتحان بمحتوي المقرر .
- 3- تنوع اسئلة الامتحان بحيث تقيس نواتج التعليم بمختلف محتوياتها من ( استدعاء معرفة - فهم - تفسير وتحليل - استنتاج - حل مشكلات .... "ILOS" )
- 4- تنوع الاسئلة من حيث درجة السهولة والصعوبة وقدراتها علي تمييز قدرات واستيعاب مختلف الطلاب .



معهد جنوب مصر للأورام

**Time Allowed : 1 hour**

**Preliminary Examination of M.D**  
**Degree (Surgery)**  
**November 2013**  
**Nutrition of Cancer Patients**

***Answer the following questions:-***

***1- Discuss the following items as the main risk factors for cancer: (25 Marks)***

- 1.1- Mutations or genetic damage . (5 Mark)
- 1.2- Low fiber diets. (5 Mark)
- 1.3- Omega 3:6 imbalance in the diet. (5 Mark)
- 1.4- High glycemic diet. (5 Mark)
- 1.5- Hydrogenated fats. (5 Mark)

***2- Explain the protective role of each of the following as anticarcinogenic factors: (25 Marks)***

- 2.1- Selenium. (5 Marks)
- 2.2- Prebiotics and Probiotics. (5 Marks)
- 2.3- Functional foods. (5 Marks)
- 2.4- Isoflavones. (5 Marks)
- 2.5- Antioxidants. (5 Marks)

***3- Give a short account on the main 9 Phytochemicals as potential preventives of cancer. (25 Marks)***

***4- Put (✓) at right phrase and (x) at the wrong one: (25 Marks)***

- 1- Allyl sulfides may contribute preventing stomach and colon cancer. ( ) (2.5 Marks)
- 2- Heterocyclic amines can produce breast, colon and prostate cancers. ( ) (2.5 Marks)
- 3- Oils high in saturated fats are potentially carcinogenic. ( ) (2.5 Marks)
- 4- Red meat had been implicated in colon and rectal cancer. ( ) (2.5 Marks)
- 5- A diet rich in fruits and vegetables protect against cancer. ( ) (2.5 Marks)
- 6- Refined grains associated with increased risk of rectal cancer. ( ) (2.5 Marks)
- 7- Cruciferous vegetables has anticancer properties. ( ) (2.5 Marks)
- 8- Green tea had been shown to inhibit the growth of cancer cells. ( ) (2.5 Marks)
- 9- Folic acid has a significant reduction in colon, rectal and breast cancer. ( ) (2.5 Marks)
- 10- Lycopene had been found to be very protective, particularly for prostate cancer. ( ) (2.5 Marks)

**Good Luck ...**

**Examiner: Prof. Dr.M. Kamal E. Youssef.**

نموذج اجابة امتحان علم التغذية لمرضى الأورام  
(تمهيدى دكتوراه جراحة) - دور نوفمبر ٢٠١٣

**Answer of the first question:**

**1.1. Mutations or genetic damage:**

Damage to the genes that control cell growth can be either inherited or acquired during life. Certain types of mutations or genetic damage can increase the risk of cancer.

**1.2. Low fiber diets:**

There is an inverse correlation between vegetables , fruits and whole grain intake , plant food intake and rectal cancer , while low fiber diets (as refined grains are associated with increased risk of rectal cancer.

**1.3. Omega 3:6 imbalance in the diet:**

Omega 3 fats have been shown in animal studies to protect from cancer: while omega 6 fats have been found to be cancer promoting fats. Studies found an association between a higher ratio of N-3 to N-6 fats and reduced risk of breast cancer.

**1.4. High glyceimic diet:**

There is an association between a diet with a high glyceimic load and cancer. Studies have found consistent increased risk of a high glyceimic load and ovarian , colon of colorectal cancers.

**1.5. Hydrogenated fats:**

Hydrogenated fats (those that have been chemically changed from unsaturated to saturated fats), are potentially carcinogenic. Adding hydrogen to a fat molecule may enable the molecule to interfere with the normal metabolism of cells in the body , setting cell up for cancerous changes.

**Answer of the second question:**

**2.1. Selenium:**

Selenium is a mineral with anticancer properties. Studies have shown that selenium is a potent protective nutrient for some forms of cancer.

**2.2. Prebiotic and probiotics:**

Studies suggested a role for probiotics in reducing risk of colon cancer. Prebiotic are non-digestible food ingredients that benefit the host by selectively stimulating the growth or activity of one or a limited number of bacteria in the colon modulate epithelial cell proliferation.

**2.3. Functional foods:**

Functional foods are any food that exert health properties beyond the traditional nutrients it contains. There are two categories of functional foods that fight cancer:  
1- Food that naturally contain biologically active , non- nutrient compounds that provide health benefits, these compounds are phytochemical. Based on this definition, all plant foods could be considered functional foods since they are all rich in phytochemicals.

2- Food products specifically formulated have higher amounts of nutrients or phytochemicals that would naturally occur in food.

**2.4. Isoflavones :**

Soy Products contain 5 classes of anti \_ cancer agents, one of which are phtoesterogens or isoflavones which are unique to soy. The two primary isoflavones in soy products are genistein and daidzen. Studies showed that genistein inhibits the growth of human prostate cancer cells.

**2.5-Antioxidants:**

It appeared that B- carotene is a cancer – protective agent. Studies tend to agree that a high intake of carotenoids is more protective than a high intake of a single carotenoid. Iycopene has been found to be very protective particularly for prostate cancer.

Grape seed extract contains proanthocyanidin , which shows anticarcinogenic properties.

**Answer of the first question:**

The main 9 phytochemicals reckoned as potential preventives of cancer are:

- 1- Ally sulfides: constituents of the genus Allium plants.
- 2- Capsaicin: constituents of the genus capsicum.
- 3- Conjugated linoleic acid.
- 4- Ellagic acid.
- 5- Indoles isothiocyanates.
- 6- Isoflavones.
- 7- Lignin.
- 8- Lycopene.
- 9- Probiotics.

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**Answer of the fourth question:**

- 1- (✓)
- 2- (✓)
- 3- (✓)
- 4- (✓)
- 5- (✓)
- 6- (✓)
- 7- (✓)
- 8- (✓)
- 9- (✓)
- 10- (✓)

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***Examiner ; Prof. D. M. Kamal E. Youssef***  
***Prof. of Food Sci. & Technology.***  
***Assiut university.***

