

# PRACTICE EXAMS

ON

# SEXUAL HEALTH

MODEL ANSWERS INCLUDED



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## A Message From Our Team

Revising for medical exams is stressful; believe us, we know from experience! Trying to balance depth of knowledge with breadth of knowledge is always the challenge. And as a student, it's often hard to know where the right balance is, and it's easy to go down unnecessary and time-consuming rabbit holes that won't help you in the exams. That's where the experienced team at MedStudentNotes comes in!

In this series of **PRACTICE EXAMS** we have used our medical experience to create a comprehensive set of quizzes that are tailored just right to help you to ACE your exams and maximize retention. We have created numerous mini-quizzes (both multi-choice and short-answer) on all the subtopics relating to this subject. That way you can do them at your own pace and correct the questions you get wrong there and then!

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**What's included:** A comprehensive set of university-level multiple-choice (MCQ) and short-answer (SAQ) exam questions covering everything to do with **Sexual & Reproductive Health**. All answer keys are provided directly after each quiz so that you can revise and reassess as you go, helping you learn better and improve retention.

## Quizzes in this booklet:

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## MCQ Quiz: ANATOMY OF THE MALE UROGENITAL SYSTEM

1. Which part of the male urogenital system is responsible for the production of sperm cells?
  - a) Seminal Vesicles
  - b) Prostate gland
  - c) Testes
  - d) Bulbourethral gland
2. The epididymis is primarily responsible for:
  - a) Urine transport
  - b) Sperm maturation
  - c) Sperm production
  - d) Testosterone production
3. The urethra in males performs what function(s)?
  - a) Transport of sperm only
  - b) Transport of urine only
  - c) Transport of both sperm and urine
  - d) Secretion of testosterone
4. The vas deferens is:
  - a) Where sperm are produced
  - b) Where sperm mature and are stored
  - c) The tube that transports sperm from the testes
  - d) The gland that secretes a fluid component of semen
5. The prostate gland is responsible for:
  - a) Producing sperm
  - b) Producing a fluid that nourishes and transports sperm
  - c) Producing testosterone
  - d) Maturing sperm
6. Seminal vesicles contribute to the semen by:
  - a) Producing sperm
  - b) Producing a sugary fluid that provides energy for sperm
  - c) Maturing sperm
  - d) Producing testosterone
7. The bulbourethral glands (or Cowper's glands) contribute to semen by:
  - a) Producing sperm
  - b) Maturing sperm
  - c) Producing a fluid that helps to neutralize acidity in the urethra
  - d) Producing testosterone

8. What structure in the male urogenital system is responsible for producing testosterone?
  - a) The seminal vesicles
  - b) The prostate gland
  - c) The testes
  - d) The bulbourethral glands
  
9. The corpus spongiosum is:
  - a) A part of the testes
  - b) A chamber in the penis that becomes engorged with blood during an erection
  - c) A tube that carries sperm from the testes
  - d) A gland that secretes a component of semen
  
10. The portion of the penis that contains the external opening of the urethra is the:
  - a) Glans
  - b) Shaft
  - c) Prepuce
  - d) Corpus cavernosum
  
11. Which is the correct pathway of sperm during ejaculation?
  - a) Epididymis -> Vas Deferens -> Urethra
  - b) Vas Deferens -> Urethra -> Epididymis
  - c) Testes -> Urethra -> Vas Deferens
  - d) Testes -> Vas Deferens -> Urethra
  
12. The testes are held outside the main body cavity for what reason?
  - a) To regulate temperature for optimal sperm production
  - b) For ease of movement during physical activity
  - c) For protection against trauma
  - d) To aid in sexual intercourse

**Answer Key:**

1. c)
2. b)
3. c)
4. c)
5. b)
6. b)
7. c)
8. c)
9. b)
10. a)
11. a)
12. a)

### **SAQ: ANATOMY OF THE MALE UROGENITAL SYSTEM**

1. What is the role of the testes in the male urogenital system?
2. How does the structure of the epididymis contribute to its function?
3. Briefly explain the dual role of the male urethra.
4. How does the prostate gland contribute to the composition of semen?
5. Describe the function of the seminal vesicles in semen production.
6. Explain the role of the bulbourethral glands (or Cowper's glands) in the male reproductive system.
7. Explain the importance of the location of the testes in relation to body temperature.

**Model Answers:**

1. The testes are responsible for producing sperm and the hormone testosterone.
2. The epididymis is a tightly coiled tube where sperm mature and are stored. Its structure allows for the prolonged contact necessary for sperm maturation.
3. The male urethra has a dual function: it transports urine from the bladder to be expelled from the body and during ejaculation, it transports semen.
4. The prostate gland secretes a slightly alkaline fluid that nourishes and helps to protect the sperm. This fluid contributes to the bulk of the semen.
5. The seminal vesicles produce a sugary (fructose-rich) fluid that provides energy for the sperm cells.
6. The bulbourethral glands produce a clear, slippery fluid that neutralizes any residual acidity in the urethra from urine and also lubricates the urethra during sexual arousal to facilitate the passage of sperm.
7. The testes are located outside the body in the scrotum to maintain a temperature several degrees cooler than the body's internal temperature. This cooler environment is necessary for optimal sperm production and health.



## MCQ Quiz: ANATOMY OF THE FEMALE REPRODUCTIVE SYSTEM

1. What is the primary function of the ovaries in the female reproductive system?
  - a) Producing eggs (ova)
  - b) Providing a site for implantation
  - c) Supporting the growing fetus
  - d) Producing milk for a newborn
2. What role does the fallopian tube play in female reproduction?
  - a) It transports ova from the ovary to the uterus
  - b) It is where fertilization typically occurs
  - c) It provides a site for egg maturation
  - d) Both A and B
3. The uterus is primarily responsible for:
  - a) Ovulation
  - b) Lactation
  - c) Providing a site for implantation and supporting fetal development
  - d) Producing eggs
4. What is the function of the cervix in the female reproductive system?
  - a) To produce hormones that regulate the menstrual cycle
  - b) To serve as a canal that allows sperm to enter and menstrual flow to exit
  - c) To provide a site for fertilization
  - d) To store eggs for future ovulation
5. What is the role of FSH (Follicle Stimulating Hormone) in the female reproductive system?
  - a) It triggers ovulation
  - b) It stimulates the growth and maturation of follicles in the ovaries
  - c) It regulates the menstrual cycle
  - d) It stimulates the production of milk
6. The neuroendocrine control of the female reproductive system involves:
  - a) The pituitary gland and the ovaries
  - b) The adrenal gland and the uterus
  - c) The hypothalamus and the mammary glands
  - d) The thyroid gland and the cervix
7. The hypothalamus produces GnRH (gonadotropin-releasing hormone), which then:
  - a) Stimulates the release of estrogen and progesterone from the ovaries
  - b) Causes the release of FSH and LH from the anterior pituitary
  - c) Stimulates the mammary glands to produce milk
  - d) Causes the uterus to shed its lining during menstruation

8. What is the function of LH (Luteinizing Hormone) in the female reproductive system?
  - a) It stimulates the ovaries to produce ova
  - b) It triggers ovulation and stimulates the corpus luteum to produce progesterone
  - c) It regulates the menstrual cycle
  - d) It stimulates the mammary glands to produce milk
  
9. Which part of the female anatomy is primarily responsible for milk production during lactation?
  - a) The ovaries
  - b) The uterus
  - c) The cervix
  - d) The mammary glands
  
10. What is the function of estrogen in the female reproductive system?
  - a) It stimulates the growth of the uterine lining during the menstrual cycle
  - b) It triggers ovulation
  - c) It stimulates the production of milk
  - d) It supports the development of the fetus
  
11. The areola is a part of which female anatomical structure?
  - a) The uterus
  - b) The vagina
  - c) The ovary
  - d) The breast
  
12. Progesterone is important for:
  - a) Preparing the uterus for implantation
  - b) Stimulating milk production
  - c) Causing ovulation
  - d) Initiating the menstrual cycle

**Answer Key:**

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

### **SAQ: ANATOMY OF THE FEMALE REPRODUCTIVE SYSTEM**

1. Describe the journey of an egg (ovum) from the ovary to the uterus.
2. How does the structure of the fallopian tubes facilitate fertilization?
3. What is the role of the uterus in the reproductive cycle, and how does it prepare for potential pregnancy?
4. Explain how the hypothalamic-pituitary-ovarian axis regulates the menstrual cycle.
5. What is the role of estrogen and progesterone in the female reproductive system?
6. Describe the process of lactation and the structures involved.
7. What is the importance of the hormone GnRH and where is it produced?

### Model Answers:

1. An egg, or ovum, matures in an ovary and is released during ovulation. It is then captured by the fimbriae and enters the fallopian tube, where it may be fertilized. The cilia in the fallopian tube help transport the egg towards the uterus, where it can implant if it has been fertilized.
2. The fallopian tubes are lined with cilia that help to move the ovum towards the uterus. The fallopian tubes are the typical site for fertilization of the ovum by sperm, as the environment within the tubes is conducive to fertilization.
3. The uterus, specifically the endometrium, is where the fertilized ovum implants and develops during pregnancy. Each month, under the influence of estrogen and progesterone, the endometrium thickens in preparation for possible implantation.
4. The hypothalamic-pituitary-ovarian axis involves the release of GnRH from the hypothalamus, which stimulates the pituitary to release FSH and LH. FSH and LH then stimulate the ovaries to produce estrogen and progesterone, which influence the menstrual cycle and prepare the body for potential pregnancy.
5. Estrogen is responsible for the growth and development of the uterine lining (endometrium) during the first half of the menstrual cycle, while progesterone prepares the endometrium for possible implantation of a fertilized egg in the second half of the cycle.
6. Lactation involves the mammary glands in the breasts, which produce milk. The production and release of milk are stimulated by the hormone prolactin, and milk ejection is facilitated by the hormone oxytocin.
7. GnRH (gonadotropin-releasing hormone) is produced by the hypothalamus and is vital for the regulation of the female reproductive cycle. GnRH stimulates the pituitary gland to release FSH and LH, which in turn regulate the ovaries.

### MCQ Quiz: BREAST MASSES:

1. Fibroadenomas of the breast are most commonly found in:
  - a) Postmenopausal women
  - b) Men
  - c) Pregnant women
  - d) Young women
  
2. A characteristic feature of phyllodes tumors is:
  - a) They are usually malignant
  - b) They are always benign
  - c) They can be benign, borderline, or malignant
  - d) They are related to hormonal imbalance
  
3. An intraductal papilloma of the breast is:
  - a) A type of breast cancer
  - b) A benign condition, but can cause bloody nipple discharge
  - c) Always associated with pain and swelling
  - d) A variant of fibroadenoma
  
4. Fibrocystic disease of the breast is characterized by:
  - a) The presence of a single, well-defined lump
  - b) Microcalcifications on mammogram
  - c) Changes that often correlate with the menstrual cycle
  - d) Bloody nipple discharge
  
5. Duct ectasia, a benign condition of the breast, often presents with:
  - a) A single dominant lump
  - b) Multiple lumps that change in size with the menstrual cycle
  - c) A palpable mass with bloody nipple discharge
  - d) Nipple retraction and greenish or black nipple discharge
  
6. A galactocele in the breast commonly occurs:
  - a) Before puberty
  - b) In postmenopausal women
  - c) During lactation or shortly after weaning
  - d) In women with no history of pregnancy
  
7. Acute mastitis is often associated with:
  - a) Breastfeeding
  - b) Menopause
  - c) The use of hormonal contraceptives
  - d) The presence of fibroadenomas
  
8. The most common type of breast cancer is:
  - a) Lobular carcinoma
  - b) Ductal carcinoma in situ (DCIS)
  - c) Invasive ductal carcinoma (IDC)
  - d) Phyllodes tumor

9. Risk factors for breast cancer include all the following EXCEPT:
- a) Early onset of menstruation
  - b) Late menopause
  - c) Having children at a young age
  - d) Family history of breast cancer
10. A distinctive feature of inflammatory breast cancer is:
- a) Painless lump in the breast
  - b) A red, swollen, and often warm breast
  - c) Clear or yellowish nipple discharge
  - d) Multiple small cysts in the breast
11. Paget's disease of the breast primarily affects the:
- a) Mammary ducts deep within the breast
  - b) Lymph nodes in the axilla
  - c) Nipple and areola
  - d) Breast stroma
12. The BRCA1 and BRCA2 genes are:
- a) Associated with a reduced risk of breast cancer
  - b) Associated with an increased risk of breast cancer
  - c) Not related to breast cancer
  - d) Related to benign breast conditions

**Answer Key:**

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



**SAQ: BREAST MASSES:**

1. Describe the typical presentation and characteristics of a fibroadenoma.
2. What distinguishes phyllodes tumors from other types of breast masses?
3. What are the common symptoms associated with an intraductal papilloma?
4. Discuss the changes that occur in the breast in fibrocystic disease.
5. How does duct ectasia present and how is it managed?
6. Describe what a galactocele is and when it typically occurs.
7. What is acute mastitis, and what is its most common cause?
8. Discuss the different types of breast cancer and their key distinguishing features.

## Model Answers:

1. Fibroadenomas are benign tumors commonly found in young women. They typically present as a single, firm, mobile, non-tender mass with well-defined edges.
2. Phyllodes tumors are rare breast tumors that can be benign, borderline, or malignant. Unlike most benign breast conditions, these tumors can grow quickly and become quite large.
3. Intraductal papillomas are benign conditions that can cause bloody or clear nipple discharge, a solitary lump, or nipple inversion.
4. Fibrocystic disease is characterized by cyclic breast pain, lumpiness, and sometimes nipple discharge. The symptoms often correlate with the menstrual cycle.
5. Duct ectasia presents with nipple retraction and green or black nipple discharge. It's usually managed conservatively, but antibiotics may be needed if infection is present.
6. A galactocele is a milk-filled cyst that occurs during lactation or shortly after weaning. It typically presents as a painless lump in the breast.
7. Acute mastitis is a painful infection of the breast tissue, often associated with breastfeeding. It's most commonly caused by bacteria entering the breast tissue through cracked nipples.
8. Breast cancers can be non-invasive like ductal carcinoma in situ (DCIS), or invasive like invasive ductal carcinoma (IDC) and invasive lobular carcinoma (ILC). IDC presents as a single, hard, immobile lump, while ILC might not form a lump and can be harder to detect. Inflammatory breast cancer presents with a red, swollen, and often warm breast. Paget's disease primarily affects the nipple and areola and can present with scaling and redness.



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