

## HEP1 and HEP 2

1. What are the 2 main categories of the HEP virus?

- A. Internal and external
- B. Acquired and transferred
- C. Noninfectious and infectious
- D. It's all the same

2. The HEP virus attacks what organ?

- a. the stomach
- b. the kidney
- c. spleen
- d. liver

3. Alcoholic HEP falls under the category?

- a. infectious
- b. toxic
- c. habitual
- d. all of them

4. When you take a drug and it passes through the liver first it is termed

- a. first pass effect
- b. bypass effect
- c. digestion
- d. detoxication effect

5. Severe scarring of the liver is termed

- a. scabbing
- b. fibrosis
- c. Cirrhosis
- d. none of these

6. When the liver is combating the virus and you have no symptoms this is termed

- a. compensated
- b. decompensated
- c. steady state
- d. homeostasis

7. Steatosis is

- a. fatty deposits in the liver
- b. stationary
- c. infected
- d. healthy liver

8. How many types of HEPV did Dr. Hawley mention?

- a. 2
- b. 5
- c. 3
- d. 4

9. Which type of HEP did Dr. H. talk about the most (it is a slow acting one effecting Americans)

- a. A
- b. D
- c. E
- E. B

10. What is one of the major issues with people effected with HEP virus?

- a. it is all non -treatable
- b. most are unaware they even have it
- c. it is mostly found in North America
- d. most intentionally spread it

11. What is 1 way of contracting HEPC?

- a. organ transplant
- b. massage
- c. hugging
- d. touching

12. What type of massage guidelines did Dr. H. mention?

- a. deep tissue 45 min
- b. hot stone
- c. light touch and only 30 min
- d. work the abdomen really hard

13. What is it called when there is a “yellowing” of skin and eyes?

- a. Pale-facing
- b. jaundice
- c. flushing
- d. cyanosis

14. The liver can regenerate itself from only what percentage left

- a. 60%
- b. 25%
- c. 5%
- d. the liver cannot regenerate

15. We are now looking at targeting treatments to specific types of HEPV based on individual profiles and populations this is called?

- a. shotgun approach
- b. genotyping
- c. broad spectrum
- d. there is no meds for this

16. Symptoms of most HEP virus show up

- a. Immediately
- b. there are no symptoms
- c. a few weeks to a few months depending on the type
- d. at first contact

17. One of the best practices to adopt in prevention is?

- a. Universal precautions
- b. exercising
- c. vacuuming the floors
- d. changing sheets e/o client