

Dietitian CE

How Certain Spices Decrease Inflammation and Prevent Chronic Diseases

1. Which of the following is the key mediator among the main molecular mediators of the inflammatory response?

- A. STAT3
 - B. NF-kB
 - C. COX-2
 - D. TNF-alpha
 - E. IL-6
-

2. More than 400 genes are involved in inflammation and other chronic diseases.

- A. True
 - B. False
-

3. Which of the following is the most potent pro-inflammatory cytokine discovered to date?

- A. TNF-alpha
 - B. COX-2
 - C. iNOS
 - D. IL-1
 - E. IL-6
-

4. Which of the following is a key NF-kB-dependent cytokine that induces the activation of STAT3?

- A. TNF-alpha
 - B. COX-2
 - C. iNOS
 - D. IL-1
 - E. IL-6
-

5. Approximately 5% of the cancer cases are caused by persistent infection and chronic inflammation.

- A. True

B. False

6. Even in cancers that are not instigated by inflammation, inflammatory cells enter the tumor stroma and consequently induce cancer development.

- A. True**
 - B. False**
-

7. NF-kB activation leads to:

- A. Radioresistance**
 - B. Chemoresistance**
 - C. NF-kB activation leads to both radioresistance and chemoresistance**
 - D. NF-kB activation prevents radioresistance and chemoresistance**
-

8. Anti-inflammatory agents that target NF-kB and its regulated products may have high efficacy in both the prevention and treatment of cancers.

- A. True**
 - B. False**
-

9. Which of the following is the most commonly used spice in the world?

- A. Black pepper**
 - B. Cinnamon**
 - C. Clove**
 - D. Turmeric**
 - E. Ginger**
-

10. Which of the following is the most commonly used spice for cardiovascular disease and also possesses anti-inflammatory, gastroprotective, and anti-cancer properties due to the presence of phytochemicals?

- A. Garlic**
 - B. Red pepper**
 - C. Ginger**
 - D. Fennel**
 - E. Rosemary**
-

11. Numerous studies have shown the potential of _____ in preventing chronic diseases such as asthma, colitis, COPD, and pancreatitis by modulation of inflammatory pathways.

- A. 1,8-Cineole
 - B. 6-Gingerol
 - C. Alpha-Pinene
 - D. Diallyl sulphide
 - E. Curcumin
-

12. Studies have shown that _____ is a nutraceutical that is a potential candidate for the treatment of diabetes.

- A. 1,8-Cineole
 - B. 6-Gingerol
 - C. Alpha-Pinene
 - D. Diallyl sulphide
 - E. Curcumin
-

13. Which of the following protects the cartilage in the development of osteoarthritis?

- A. 1,8-Cineole
 - B. 6-Gingerol
 - C. Alpha-Pinene
 - D. Diallyl sulphide
 - E. Curcumin
-

14. Curcumin is known to possess which activity?

- A. Anti-bacterial
 - B. Anti-cancer
 - C. Anti-fungal
 - D. Anti-viral
 - E. Curcumin possesses all of the above activities
-

15. Which of the following has been shown to inhibit cancer alone and in combination with standard chemotherapeutic agents in many clinical trials?

- A. 1,8-Cineole
 - B. 6-Gingerol
 - C. Alpha-Pinene
 - D. Diallyl sulphide
 - E. Curcumin
-

16. Which of the following has been shown to be a suitable agent for OA therapy, to exhibit anti-viral activity against hepatitis C in vitro, to induce apoptosis in hepatocellular carcinoma and prostate cancer, and to inhibit migration of human breast

cancer in vitro?

- A. Cinnamaldehyde**
 - B. Capsaicin**
 - C. Diosgenin**
 - D. Eugenol**
 - E. Garcinol**
-

17. Capsaicin effectively induced cell cycle arrest in bladder cancer cells.

- A. True**
 - B. False**
-

18. Which of the following has been found to enhance the efficacy of anti-cancer drugs?

- A. Cinnamaldehyde**
 - B. Capsaicin**
 - C. Diosgenin**
 - D. Eugenol**
 - E. Garcinol**
-

19. Which of the following is cholesterol lowering?

- A. Cinnamaldehyde**
 - B. Capsaicin**
 - C. Diosgenin**
 - D. Eugenol**
 - E. Garcinol**
-

20. Garcinol, found in garlic, has been shown to inhibit the proliferation of breast cancer cells in vitro and to sensitize breast cancer cells to the chemotherapeutic agent, taxol.

- A. True**
 - B. False**
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