

Chapter 2: Female Sexual Anatomy and Physiology

Multiple Choice

1. The external female sex organs are collectively called the
- clitoris.
 - glans.
 - ovaries.
 - vulva.

Answer: d

Type: Factual

Page 31

2. The rounded pad of fatty tissue located over the female pubic bone is called the
- hymen.
 - mons.
 - shaft.
 - urethra.

Answer: b

Type: Factual

Page 31

3. Which of the following female sex organs forms a sheath of skin at the top covering the clitoris?
- The labia majora
 - The minor lips
 - The vagina
 - The vulva

Answer: b

Type: Factual

Page 32

4. Another name for the clitoral hood is the
- glans.
 - introitus.
 - labia.
 - prepuce.

Answer: d

Type: Factual

Page 32

5. Tampons are inserted into the vagina at the
- hymen.
 - introitus.
 - prepuce.
 - urethral opening.

Answer: b

Type: Applied

Page 32

6. Which external female sex organ becomes hard and erect during arousal?
- The clitoris
 - The prepuce
 - The labia minora
 - The vulva

Answer: a

Type: Factual

Page 32

7. In some sub-Saharan African and East Asian cultures, clitoridectomies are performed
- as a rite of passage to womanhood.
 - to make childbirth as painful and difficult as possible.
 - to prevent masturbation and the passing of sexually transmitted diseases.
 - to protect against infibulation.

Answer: a

Type: Conceptual

Page 33

8. One result of clitoridectomy is to
- ease childbirth.
 - increase fertility.
 - increase sexual pleasure.
 - reduce sexual pleasure.

Answer: d

Type: Factual

Page 33

9. The purpose of infibulation is to
- ensure that no intercourse will occur prior to marriage.
 - increase the sexual pleasure of men during intercourse.
 - prevent painful childbirth.
 - reduce the possibility of masturbation.

Answer: a

Type: Conceptual

Page 34

10. Which statement most accurately describes the controversy that surrounds clitoridectomy and infibulation?
Some see these procedures as _____; others see them as _____.
- an economic investment; exploitative of children
 - good health measures; physically harmful
 - important traditions with which outsiders should not interfere; representing subjugation of women

- d. protective of women; harmful to children

Answer: c

Type: Conceptual

Page 34

11. Involuntary contraction of the sphincter vaginae and levator ani muscles is associated with
- a. endometriosis.
 - b. infibulation.
 - c. vaginismus.
 - d. virginity.

Answer: c

Type: Conceptual

Page 34

12. Lisa is a teenager who sees the magazine ads for "women's hygiene" products and wants to know if she should douche regularly. What do sexological and medical experts advise?
- a. No, douching is associated with increased risk of cancer.
 - b. No, douching is associated with increased risk of pelvic inflammatory disease.
 - c. Yes, she should douche after each menstrual period to clean out the vagina.
 - d. Yes, she should douche weekly in order to reduce the likelihood of vaginal infection.

Answer: b

Type: Applied

Page 35

13. Janice recently began menstruating. She has heard from her friends that she should not use tampons because that would make her lose her virginity. What information can you offer Janice?
- a. A majority of females are born without hymens, so most likely using tampons will not be a problem.
 - b. If she has an imperforate hymen, she can use tampons. An annular hymen will interfere with use of tampons.
 - c. Most hymens have openings that will easily allow a tampon to be inserted. The presence or absence of a hymen is not an indicator of virginity.
 - d. The hymen protects the vagina from disease; thus she should not insert anything into the vagina. She should refrain from any vigorous activity that could rupture the hymen.

Answer: c

Type: Applied

Page 36

14. Which of the following is NOT a type of hymen?
- a. Annular
 - b. Cribriform
 - c. Prepuce
 - d. Septate

Answer: c

Type: Factual

Page 36

15. Rose has never had intercourse, and will be getting married in 3 months. She is concerned about experiencing pain from tearing of her hymen. Of all the comments she receives from her girlfriends, the advice LEAST likely to be helpful is from
- Angie, who tells her not to worry about the pain because her use of tampons over the years has gotten rid of the hymen.
 - Beth, who tells her that she may want to spend some time prior to having intercourse inserting her fingers into the opening of the hymen.
 - Cari, who tells her that she could always get her doctor to cut the hymen or stretch it with dilators.
 - Dorle, who tells her that she should both encourage her husband to be careful and gentle, and take responsibility for guiding her husband's penis and controlling the timing and depth of penetration.

Answer: a

Type: Applied

Page 36

16. In conducting a genital self-examination, which of the following should NOT, by itself, be of concern to a woman?
- A change in odor or consistency of vaginal discharge
 - An itchy rash around the vagina
 - Unusual or new bumps, sores, or blisters
 - Vaginal discharge

Answer: d

Type: Conceptual

Page 36

17. All of the following are sex-related risk factors associated with cervical cancer EXCEPT
- a history of pelvic inflammatory disease or a sexually transmitted disease.
 - a parent or close relative having cancer.
 - having 10 or more sex partners or a partner who has had multiple partners.
 - very early initiation of sexual intercourse.

Answer: b

Type: Applied

Page 38-39

18. The cervix is part of the
- fimbriae.
 - ovary.
 - uterus.
 - vagina.

Answer: c

Type: Factual

Page 38

19. The layer of the uterine wall that plays an important role in the menstrual cycle is the
- endometrium.

- b. isthmus.
- c. myometrium.
- d. perimetrium.

Answer: a

Type: Factual

Page 38

20. The Pap smear is used to detect
- a. cervical cancer.
 - b. endometriosis.
 - c. sexually transmitted disease.
 - d. vaginismus.

Answer: a

Type: Factual

Page 38

21. Which one of the following statements about the ovaries is NOT accurate?
- a. At birth, ovaries contain thousands of follicles, but only 400-500 mature ova are produced.
 - b. Inside each follicle is an oocyte.
 - c. The core area of the ovary is called the cortex.
 - d. The ovaries secrete both estrogen and progesterone.

Answer: c

Type: Conceptual

Page 40

22. Where does fertilization usually take place?
- a. At the cervical os
 - b. Near the fimbriae
 - c. Within the fallopian tube
 - d. Within the fundus

Answer: c

Type: Factual

Page 40

23. The hairlike projections that help move the ovum through the fallopian tubes are called
- a. cilia.
 - b. fimbriae.
 - c. mylin.
 - d. os.

Answer: a

Type: Factual

Page 40

24. The condition called fibrous hymen can often cause
- a. cervical cancer.
 - b. cystitis.

- c. dyspareunia.
- d. vaginal atrophy.

Answer: c

Type: Conceptual

Page 36

25. Which of the following hormones is involved in the production of breast milk after childbirth?
- a. Estrogen
 - b. FSH
 - c. Progesterone
 - d. Prolactin

Answer: d

Type: Factual

Page 42

26. Karen is having difficulty breast-feeding her newborn infant. She appears to be producing lots of milk, but the milk is not being released or ejected from the breast. A physician may measure Karen's level of production of which hormone?
- a. Luteinizing hormone
 - b. Oxytocin
 - c. Prolactin
 - d. Testosterone

Answer: b

Type: Applied

Page 42

27. About one-third of breast cancers that develop before age 30 appear to result from
- a. childhood trauma to the breast tissue.
 - b. inadequate hygiene.
 - c. inherited genetic mutation.
 - d. sexual activity that begins in early adolescence.

Answer: c

Type: Factual

Page 43

28. To determine if she has the beginnings of breast cancer, Maria would undergo which procedure?
- a. ELISA test
 - b. HRT
 - c. Mammography
 - d. Pap smear

Answer: c

Type: Applied

Page 44

29. Gina was diagnosed with breast cancer. Surgery has been recommended in which her left breast will be removed in a procedure called

- a. infibulation.
- b. lumpectomy.
- c. mammography.
- d. mastectomy.

Answer: d

Type: Applied

Page 45

30. Which one of the following organs is NOT involved in regulating the menstrual cycle?
- a. The clitoris
 - b. The hypothalamus
 - c. The ovaries
 - d. The pituitary gland

Answer: a

Type: Factual

Page 48

31. Which organ produces the hormones that stimulate the ovaries to produce estrogen and progesterone?
- a. The adrenal glands
 - b. The hypothalamus
 - c. The pituitary gland
 - d. The uterus

Answer: c

Type: Factual

Page 49

32. Which of the following is NOT a process characteristic of the follicular phase?
- a. Estrogen causes the endometrium to thicken.
 - b. FSH results in the maturation of one or more ova.
 - c. Production of FSH is inversely proportional to the bloodstream estrogen level.
 - d. Production of LH by the pituitary decreases.

Answer: d

Type: Conceptual

Page 49

33. Which hormone is critical in the actual release or rupturing of a mature ovum from the ovary?
- a. Estrogen
 - b. Follicular stimulating hormone
 - c. Gonadotropin releasing hormone
 - d. Luteinizing hormone

Answer: d

Type: Factual

Page 46

34. Which of the following substances is NOT contained in the menstrual flow?

- a. A few ounces of blood
- b. Endometrial cells from the uterus
- c. Smegma
- d. Various fluids

Answer: c

Type: Factual

Page 47-48

35. Helen visits her gynecologist because of severe pain during menstruation. In other words, Helen suffers from
- a. amenorrhea.
 - b. dysmenorrhea
 - c. phimosis.
 - d. premenstrual syndrome.

Answer: b

Type: Applied

Page 48

36. Over-the-counter drugs that claim to reduce the symptoms of PMS act by
- a. counteracting the effects of prostaglandin.
 - b. decreasing the impact of FSH on the ovaries.
 - c. facilitating the release of luteinizing hormone from the pituitary.
 - d. increasing progesterone levels in the blood.

Answer: a

Type: Conceptual

Page 50

37. Estrogen replacement therapy was first popularized as a way to
- a. maintain a keen mind and a sharp memory.
 - b. reduce the risk of heart disease and bone loss.
 - c. reduce the risk of uterine and breast cancer.
 - d. stay youthful and feminine.

Answer: d

Type: Factual

Page 53

38. Anna has been diagnosed as having osteoporosis. Which of the following is NOT likely to be recommended to reduce further bone loss?
- a. Calcium supplements
 - b. Increased exercise
 - c. Injections of FSH and LH
 - d. Vitamin D

Answer: c

Type: Conceptual

Page 52

39. Research on HRT shows all of the following effects EXCEPT
- decrease in menopausal symptoms such as hot flashes and night sweats.
 - lower rates of breast cancer.
 - more heart attacks, strokes, and blood clots.
 - reduced rate of hip fractures and colon cancer.

Answer: b

Type: Conceptual

Page 53

40. As Victoria enters menopause, she is considering whether to begin HRT. What advice would you offer to her
- Benefits of taking estrogen alone are substantial.
 - HRT is essential if she wants to continue sexual activity.
 - She should carefully weigh the potential risks of HRT against the benefits.
 - Women's health and quality of life are likely to increase with HRT.

Answer: c

Type: Applied

Page 53

41. According to recent research, how are sexual interest and desire affected by menopause?
- For virtually all women, freedom from pregnancy increases sexual interest markedly.
 - There is often a change, either an increase or a decrease, in sexual interest and desire, but it is temporary.
 - Unless HRT is begun, sexual interest and desire decline markedly.
 - Women are genetically programmed to lose interest in sex as soon as their reproductive abilities end.

Answer: b

Type: Conceptual

Page 53

Fill in the Blank

42. A common problem that is associated with pain in the vulvovaginal area and may interfere with sexual activity is _____.

Answer: vulvodynia (or vulvar vestibulitis)

Type: Factual

Page 38

43. The two inner folds of skin that join above the clitoris and extend along the sides of the vaginal and urethral openings are called the _____.

Answer: labia minora

Type: Factual

Page 32

44. The most sexually sensitive female sex organ is the _____.

Answer: clitoris

Type: Factual

Page 32

45. Body oil mixed with other secretions that forms a substance that may accumulate beneath the prepuce is called _____.

Answer: smegma

Type: Factual

Page 33

46. The most common type of hymen is _____.

Answer: annular

Type: Factual

Page 36

47. The muscular tube in the female important for reproduction and sexual pleasure is called the _____.

Answer: vagina

Type: Factual

Page 34

48. The os is the opening in the _____.

Answer: cervix

Type: Factual

Page 38

49. The layer of the uterine wall that is rich in blood vessels and glands is the _____.

Answer: endometrium

Type: Factual

Page 38

50. The fingerlike projections at the open end of each fallopian tube are called the _____.

Answer: fimbriae

Type: Factual

Page 39

51. A rare, chronic bladder inflammation in women that can cause debilitating discomfort and interfere with sexual enjoyment is called _____.

Answer: interstitial cystitis (IC)

Type: Factual

Page 37

True/False

52. Research indicates that there is no doubt that use of mammography reduces the overall number of deaths from breast cancer.

Answer: F

Type: Factual

Page 45

53. The external female sexual organs are called the clitoris and vagina.

Answer: F

Type: Factual

Page 31

54. During sexual arousal, the clitoris hardens and becomes erect.

Answer: T

Type: Factual

Page 32

55. When it is not aroused, the vagina assumes a flexible tubelike shape.

Answer: F

Type: Factual

Page 34

56. One muscle that has a role in female orgasmic response is the pubococcygeus (or PC) muscle.

Answer: T

Type: Factual

Page 34

57. Because the muscular walls of the vagina are normally contracted except when something is inserted into the cavity, it is possible for the vaginal muscles to contract during intercourse to the extent that the penis can momentarily become trapped.

Answer: F

Type: Factual

Page 34-35

58. The second most common cancer among women is found in the vagina.

Answer: F

Type: Factual

Page 41

59. In a pelvic exam, a sample of cells from the fundus of the uterus is taken.

Answer: F

Type: Factual

Page 39

60. Pap smears can detect two stages of cervical cancer.

Answer: T

Type: Factual

Page 39

61. The outgrowth of uterine lining into organs surrounding the uterus is called endometriosis.

Answer: T

Type: Factual

Page 41

62. At the time of birth, females have 400 to 500 mature ova in their ovaries.

Answer: F

Type: Factual

Page 40

63. Prolactin and oxytocin are critical hormones for successful breast-feeding.

Answer: T

Type: Factual

Page 42

64. The pituitary gland stimulates other glands to produce hormones when it is stimulated by a signal from the hypothalamus.

Answer: T

Type: Factual

Page 42

Short Answer

65. Describe the process of female erection.

Answer: During sexual arousal, two columns and bulbs of spongy tissue become engorged with blood. This causes the clitoris to become hard and erect. As arousal continues, the clitoris retracts.

Type: Factual

Page 32

66. Why do so many individuals oppose clitoridectomy and infibulation?

Answer: Many see these as traditions that seek to subjugate women and control their sexuality. In addition, these practices pose a serious threat to women's health because of the danger of infections.

Type: Conceptual

Pages 33-34

67. Why is douching a potentially harmful procedure?

Answer: Douching can force bacteria and viruses into the uterus, increasing the risk of uterine and vaginal infections. Women who douche frequently are at much greater risk for pelvic inflammatory disease and ectopic pregnancy. The vagina has its own natural cleansing processes.

Type: Conceptual

Page 35

68. Can visual inspection of the introitus reveal whether a woman has had intercourse or not?

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Answer: No, the presence or absence of the hymen does not indicate whether intercourse has occurred. Only the presence of sperm in the vagina indicates whether intercourse has recently occurred.

Type: Factual

Page 35-36

69. Describe the function of the endometrium of the uterus.

Answer: During the first stage of the menstrual cycle, it thickens gradually. Later, the endometrium secretes nutrients that can nourish an embryo if pregnancy occurs. If no ovum is fertilized, it degenerates and becomes part of the menstrual fluid.

Type: Conceptual

Page 38

70. Explain the role of the fallopian tubes in reproduction.

Answer: Every month the cilia of the fallopian tubes move an ovum from the ovary to the uterus. Ova are fertilized in the fallopian tubes.

Type: Conceptual

Page 44-40

71. Describe polycystic ovary syndrome (PCOS).

Answer: It is the most common female endocrine disorder and a leading cause of infertility. It can result in abnormal production of male hormones which interferes with the menstrual cycle and can lead to diabetes, heart disease, and other long-term health problems.

Type: Factual

Page 42

72. Summarize the findings of recent research on the genetic bases of certain types of breast cancer.

Answer: About a third of breast cancer cases identified in women before age 30 are attributable to a susceptibility based on inherited genetic mutations; breast cancer later in life is far less likely to be tied to genetic susceptibility. The defective genes, BRCA1 and BRCA 2, occur on chromosomes 17 and 13.

Type: Factual

Pages 43

73. Explain the role of the hypothalamus in the menstrual cycle.

Answer: The hypothalamus produces the gonadotropin-releasing hormone. This hormone signals the pituitary gland to secrete FSH and LH, which then signals the ovaries to produce estrogen and eventually progesterone.

Type: Factual

Pages 45

74. What is the difference between PMS and PMDD?

Answer: PMS—premenstrual syndrome—is a set of unpleasant, uncomfortable symptoms that some women experience just before or during menstruation; possible symptoms include headaches, backaches, fatigue, and cramps as well as irritability and various types of emotional distress. If the

emotional distress is severe, the set of symptoms is sometimes diagnosed as PMDD—premenstrual dysphoric disorder.

Type: Conceptual

Pages 49

75. List and describe three uterine disorders besides cancer.

Answer: Disorders include endometrial hyperplasia, which is excessive growth of the endometrium; endometriosis, which is outward growth of the endometrium into organs surrounding the uterus; and benign fibroid tumors.

Type: Factual

Page 41

Essay

76. Lisa's HMO stresses the importance of having annual Pap smears performed. Why?

Answer: Pap smears have been credited with being responsible for a 70-percent decline in deaths from cervical cancer, which is particularly dangerous because no symptoms may appear for several years. A Pap smear may detect both the precancerous or early cancer cells of cervical intraepithelial neoplasia [CIN] and the more advanced malignancy known as invasive cancer of the cervix [ICC].

Type: Applied

Page 38-39

77. How would you explain the process of breast self-examination to a young woman?

Answer: The American Cancer Society recommends that women perform a breast self-examination monthly, approximately 12 to 16 days after the beginning of the last period. The self-examination consists of (a) a visual inspection for any changes in the contour or skin of either breast, and (b) a manual examination while the skin is wet, or while lying down, in which one moves several fingers in clockwise circles around the outer regions several times (to detect lumps, hard knots, or unusual thickening) and squeezes the nipples (to see if there is any discharge).

Type: Applied

Pages 43-45

78. Your middle-aged friend, Beth, is fearful about the physical and psychological effects of menopause. What factual information can you offer her to separate truth from fiction?

Answer: Menopause brings decreased production of estrogen and progesterone, an end to menstruation, and an end to the possibility of conception. Her breasts and uterus will decrease in size. The inner walls of the vagina will thin, and the number of small blood vessels in the pelvic area will decline. Some women also experience other changes; possibilities include an increased tendency to gain weight, changes in skin color and texture, osteoporosis, hot flashes, and mood changes. Menopause may bring temporary changes in her level of sexual desire, but it need not markedly affect her sexual functioning. She may feel sad to mark the end of one phase of life, but she may also feel liberated by the end of menstruation and the possibility of pregnancy.

Type: Applied

Page 50-54