

Flex Therapist CEUs

Lung Cancer and the Effect of Tai Chi

1. Exercise has been shown to improve blood immune function in cancer survivors.

- A. True
 - B. False
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2. The improvements that have been shown from exercise include the increase of all of the following, except:

- A. Natural killer cells
 - B. Cytotoxic activity
 - C. Monocyte function
 - D. The proportion of circulating lymphocytes
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3. Significant improvements have been reported in all of the following in individuals practicing Tai Chi Chuan, except:

- A. Balance
 - B. Flexibility
 - C. Aerobic capacity
 - D. Muscular strength
-

4. Compared to breast cancer survivors receiving psychosocial support, Tai Chi Chuan practice in breast cancer survivors increases which of the following?

- A. Fat mass
 - B. IL-2 levels
 - C. IL-6 levels
 - D. Insulin levels
-

5. A 16-week Tai Chi Chuan intervention did not prevent the increase of circulating _____ in non-small cell lung cancer survivors.

- A. T helper Type 1 cells
 - B. CD4+ T helper Type 2 cells
 - C. CD8+ cytotoxic T cells
 - D. A 16-week Tai Chi Chuan intervention prevented the increase of all of the above
-

6. Peripheral blood mononuclear cells from non-small cell lung cancer patients produced more cytokines and higher combined levels of Th1 and Th2 cytokines, with a higher level of circulating Tregs and a reduced lymphoid proliferative response.

- A. True
 - B. False
-

7. Tai Chi Chuan promotes the development of Th2 immune responses associated with the immune modulation of NKT and DCs in middle-aged and elderly women after completion of a 6-month Tai Chi Chuan exercise intervention.

- A. True
 - B. False
-

8. In the present study, it was observed that, out of the 4 parameters of immune cells tested in the non-small cell lung cancer survivors, only _____ percentage was significantly improved by a 16-week Tai Chi Chuan exercise intervention.

- A. Natural killer cell
 - B. Natural killer T cell
 - C. DC11c+ dendritic cell
 - D. DC123+ dendritic cell
-

9. Which of the following contribute to tumor immunosurveillance via the endogenous IL-12 pathway?

- A. Natural killer cells
 - B. Natural killer T cells
 - C. DC11c+ dendritic cells
 - D. DC123+ dendritic cells
-

10. A previous study found a 12-week exercise intervention had a positive impact on the speed of immune cell recovery.

- A. True
 - B. False
-

11. Increased NK cytotoxicity may be due to:

- A. The increased number of NK cells in the circulation.
- B. The improvement in NK cytotoxic activity on a single cell basis.
- C. Increased NK cytotoxicity may be due to the increased number of NK cells in the circulation and/or the improvement in NK cytotoxic activity on a single cell basis.

D. Exercise does not induce an increase in NK cytotoxicity.

12. Some studies have reported that regular moderate exercise increased the antigen-induced T cells proliferation.

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