1. The prevalence of breast cancer is highest in:
   A. Industrialized countries.
   B. Developing countries.
   C. African countries.
   D. Asian countries.

2. Which of the following statements is NOT true about the research on shift work and breast cancer?
   A. Rotating to night shift is a greater risk when done for 20 or 30 years compared to not rotating shifts or rotating shifts for fewer years.
   B. Working nights for many years put nurses at a higher risk for breast cancer compared to those who did not work nights.
   C. Risk of breast cancer may be proportional to the number of consecutive night shifts worked.
   D. Only 12-hour night shifts increase the risk for breast cancer.

3. Which of the following statements is true?
   A. Melatonin suppression is clearly linked to light at night (LAN).
   B. Melatonin supplementation should be used by nurses who work nights to prevent breast cancer.
   C. The role of melatonin as a mediator between LAN and serum estrogen levels is unclear.
   D. Melatonin suppression is only a risk factor in postmenopausal women.

4. Additional research is needed to investigate:
   A. The association between shift work and clock gene polymorphism or gene expression linked to breast cancer.
   B. The relationship between sleep quantity and quality and breast cancer.
   C. The interaction among sun exposure, vitamin D levels, and breast cancer among shift workers.
   D. All of the above.

5. Potential mechanisms mediating the relations between night-shift work and cancer include:
   A. Less time in sunlight, low vitamin D, and exposure to LAN.
   B. Tobacco use, phase shift, and breastfeeding.
   C. Early onset of menstrual cycle, melatonin suppression, and sleep disruption.
   D. Immune suppression, poor diet, and multiple pregnancies.

6. Limitations of previous research on LAN and breast cancer include:
   A. Inconsistent definitions of shift work.
   B. Presence of confounding variables.
   C. Precise measurements of light.
   D. All of the above.

7. Which of the following pieces of advice should NOT be given to nurses who work nights, based on evidence in the literature?
   A. Eat a healthy diet.
   B. Engage in physical activity outside of work.
   C. Discontinue working night shift.
   D. Take steps to get sufficient quality and quantity of sleep.

8. On the basis of considerable epidemiological evidence, the authors recommend that nurses avoid LAN to reduce their risk of breast cancer.
   A. True.
   B. False.