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This test offers the opportunity to assess your knowledge and retention of the information presented in the articles in this issue. Physicians who complete the quiz will receive a statement from Dalhousie University, Continuing Medical Education indicating their participation and their score.

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Where applicable, physicians may report their participation in this CME activity to the appropriate professional and health organizations.

Each quiz may be submitted only once for consideration and must be submitted within six months after the date of issue.

Correct answers will be published in the journal six months after the quiz appears.

### SELECT THE BEST ANSWER(S) FOR EACH OF THE FOLLOWING

1. *How many of the following symptoms are required for the diagnosis “premenstrual dysphoric disorder” (PMDD): Sadness, tenseness, marked lability, irritability.*

- a) 1
- b) 2
- c) 3
- d) 4

2. *The simple approach for women with PMDD is lifestyle and dietary modification of which of the following?*

- a) Carbohydrate consumption
- b) Salt consumption
- c) Caffeine consumption
- d) Encouragement of daily exercise
- e) All of the above

3. *Biological risk factors for perimenopausal depression include which of the following?*

- a) History of PMDD
- b) Postpartum depression
- c) Surgical menopause
- d) A and B
- e) All of the above

4. *Estrogen replacement therapy is recommended for which of the following perimenopausal symptoms?*

- a) Hot flashes
- b) Vaginal dryness
- c) Decreased libido
- d) Insomnia
- e) All of the above

5. *Women who have had depression in a previous pregnancy are at what risk of a recurrent episode?*

- a) 10%
- b) 25%
- c) 30%
- d) 43%
- e) 50%

6. *“Maternity Blues” usually do not last more than:*

- a) Five days
- b) 10 days
- c) 14 days
- d) 25 days

*(Reproductive Mental Health, page 59)*

7. *In the prone position, excess internal rotation of the hip is:*

- a) Femoral retroversion
- b) Femoral anteversion
- c) Tibial torsion

8. *Club foot is a deformity in which category?*

- a) Forefoot adduction
- b) Forefoot neutral to abduction

9. *In which of the following is the incidence of the same deformity among first-degree relatives 20- to 30-times higher than normal incidence?*

- a) Metatarsus adductus
- b) Club foot
- c) Postural calcaneovalgus
- d) Congenital vertical talus

