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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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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) *The incidence of varicose veins is greatest in:*
 - a) Men
 - b) Women
- 2) *The author suggests that before prescribing compression therapy all patients should have an ankle-brachial index measurement. Ideally, compression stockings provide 100% pressure at ankle level, and what per cent pressure at the thigh?*
 - a) 10%
 - b) 20%
 - c) 30%
 - d) 40%
 - e) 70%
- 3) *Sclerotherapy is recommended for each of the following conditions except:*
 - a) Small varicose veins
 - b) Telangiectasias
 - c) Large non-saphenous varicose veins
 - d) Large saphenous varicose veins

(*Venous Disease; page 81*)
- 4) *What percentage of men will die within a year of an osteoporotic hip fracture?*
 - a) 20%
 - b) 30%
 - c) 40%
 - d) 50%
- 5) *For each standard deviation below young normal peak bone mass, there is an approximate ___ of fracture risk.*
 - a) Doubling
 - b) Tripling
 - c) Quadrupling
- 6) *The World Health Organization defines osteoporosis in post-menopausal Caucasian women as a bone mineral density more than 2.5 standard deviations below the mean for young adult peak bone density. This is a measure of which score?*
 - a) Z scores
 - b) T scores
- 7) *If original bone mineral densities were normal, how much time must pass before a meaningful comparison can be made?*
 - a) 2 years
 - b) 3 years
 - c) 4 years
 - d) 5 years
 - e) 6 years
- 8) *Which of the following are considered potential modifiable risk factors for osteoporosis?*
 - a) Smoking
 - b) Glucocorticoid use
 - c) Alcohol abuse
 - d) Excessive caffeine
 - e) All of the above

(*Osteoporosis; page 50*)

CME Credit Quiz

9) *Between 1981 and 1996 the prevalence of obesity among Canadian boys has increased by what percentage?*

- a) 15%
- b) 28%
- c) 57%
- d) 96%

10) *The most commonly used criteria for the measurement of obesity is the Body Mass Index.*

- a) True
- b) False

11) *Which of the following is/are important in the management of obesity?*

- a) Eating healthy foods
- b) A daily exercise routine
- c) All of the above

(Childhood Obesity; page 65)

12) *Gastroesophageal Reflux Disease is a common problem. What percentage of demonstrable acid reflux is symptomatic?*

- a) 2% to 3%
- b) 5% to 7%
- c) 8% to 10%
- d) 12% to 15%

13) *Which of the following causes of increased intra-abdominal pressure could cause symptomatic reflux?*

- a) Obesity
- b) Bending forward
- c) Lifting
- d) B & C above
- e) All of the above

14) *According to the Canadian Consensus Conference, which of the following symptoms suggest specialized investigation would be appropriate?*

- a) Dysphagia
- b) Weight loss
- c) Lack of response to four to eight weeks of PPI therapy
- d) A & C above
- e) All of the above

15) *Which medication class has been shown to heal esophageal ulcers?*

- a) Antacids
- b) H2RA
- c) Alginate antacids
- d) PPI

(GERD; page 73)

Please indicate your answers on the attached quiz reply form and mail to:
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