



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. According to the author, which of the following are indications for the use of bone densitometry?**

- a) A history of long-term glucocorticoid use
- b) A strong family history of osteoporosis
- c) Primary hyperparathyroidism
- d) People with vertebral fractures or evidence of osteopenia
- e) All of the above

**2. In post-menopausal women, the risk of hip fracture increases by what factor with each standard deviation decline in bone density of the femoral neck?**

- a) 1
- b) 2.6
- c) 3.4
- d) 4.5

**3. According to the World Health Organization, osteoporosis is defined as:**

- a) Z score > 2.5 standard deviations below the mean
- b) T score > 2.5 standard deviations below the mean  
(*Bone Densitometry; page 60*)

**4. What is the predominant presenting complaint of fibromyalgia?**

- a) Fatigue
- b) Muscle pain
- c) Trouble concentrating

**5. What is the prevalence of fibromyalgia worldwide?**

- a) 0.5-1.2%
- b) 1.7-3.2%
- c) 3.8-4.7%

**6. In which country is the prevalence of fibromyalgia 3.4% in women?**

- a) Sweden
- b) France
- c) Canada
- d) U.S.

**7. Which of the following lab tests is not normally ordered to diagnose chronic fatigue syndrome, fibromyalgia, and multiple chemical sensitivity?**

- a) Uric acid
- b) Thyroid-stimulating hormone
- c) Complete blood cell count
- d) Hemoglobin A1C
- e) a & d

(*21st Century Conditions; page 65*)

**8. Which of the following is the number 1 risk factor for chronic obstructive pulmonary disease (COPD)?**

- a) Smoking
- b) Exposure to sulfur dioxide
- c) Exposure to cadmium
- d) Exposure to silica dust
- e) Exposure to solvent fumes

9. *Screening for alpha<sub>1</sub>-antitrypsin deficiency should be contemplated in which of the following circumstances?*

- a) In any COPD patient with atypical features
- b) In patients with early onset of disease
- c) In patients with a family history of COPD
- d) In patients disabled by symptoms in their 40s or 50s
- e) All of the above

10. *Which of the following interventions has been shown to slow disease progression in COPD?*

- a) Health education
- b) Proper nutrition
- c) Exercise reconditioning
- d) Smoking cessation

11. *In the step approach to the treatment of COPD, which of the following agents is periodically used for mild COPD?*

- a) Short-acting inhaled broncodilators
- b) Long-acting inhaled broncodilators
- c) Combination of tiotropium and long-acting beta agonists
- d) Oral theophylline

12. *The diagnosis of an acute exacerbation of COPD includes which of the following?*

- a) Worsening dyspnea
- b) An increase in sputum purulence
- c) Increase in sputum volume
- d) At least two of the three above

*(COPD; page 74)*

13. *Which of the following patient populations is considered at high-risk of bleeding complications?*

- a) Patients with low body weight
- b) Patients who are hypertensive
- c) Elderly patients
- d) Female patients
- e) All of the above

14. *Acetylsalicylic acid is a mainstay of therapy in acute ST segment elevation myocardial infarction (STEMI) and has been shown to be as effective as streptokinase alone.*

- a) True
- b) False

15. *Fibrinolytic therapy in acute coronary syndromes is more effective and safer than it is in STEMI.*

- a) True
- b) False

16. *Alteplase has been shown to be equivalent to tenecteplase with fewer bleeding complications in the Assessment of the Safety and Efficacy of a New Thrombolytic (ASSENT)-2 trial.*

- a) True
- b) False

*(Antithrombotics; page 81)*

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Please indicate your answers on the attached quiz reply form and mail to:  
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Made possible through an educational grant from  
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