

# CME Credit Quiz

## In association with Dalhousie University



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. *A homeopathic mixture/dilution of one in nine is considered:*

- a) 1X
- b) 1C

2. *The more dilute a homeopathic mixture, the more potent it is.*

- a) True
- b) False

3. *According to the author, there is evidence that homeopathy can increase the immunity of children against diseases such as polio, measles, and mumps.*

- a) True
- b) False

*(Homeopathy; page 93)*

4. *Inappropriate verbal, vocal, and motor activity unexplained by apparent needs or confusion is considered:*

- a) Agitation
- b) Aggression

5. *Which of the following is/are causes of aggression in the elderly?*

- a) Pain
- b) Constipation
- c) Acute medical illness
- d) Depression
- e) All of the above

6. *According to the author, which of the following symptoms are best treated by non-pharmacologic means?*

- a) Verbal aggression
- b) Resistance to personal care
- c) Physical aggression
- d) Inappropriate sexual behaviour
- e) b & d

7. *Which of the following antipsychotic agents would be considered "conventional?"*

- a) Risperidone
- b) Clozapine
- c) Haloperidol
- d) Olanzapine
- e) Quetiapine

*(Aggression in the Elderly; page 103)*

8. *In people who have had a fracture at any site, what is the increased risk of a subsequent fracture compared to those who have no history of fracture?*

- a) 2% to 5%
- b) 7% to 9%
- c) 12% to 15%

9. *The mortality associated with hip fracture is approximately:*

- a) 10%
- b) 20%
- c) 25%
- d) 33%

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**10. Which of the following is not a major risk factor for osteoporosis?**

- a) Age > 65
- b) Chronic anticonvulsant therapy
- c) Family history of osteoporotic fracture
- d) Systemic glucocorticoid therapy lasting longer than three months
- e) Early menopause (before age 45)

**11. Osteopenia is defined as a T score between:**

- a) -1 to +2.5
- b) -1 to -2.5
- c) < -2.5

**12. Which of the following medications have been shown to reduce the risk of both non-vertebral and vertebral fractures?**

- a) Alendronate
- b) Raloxifen
- c) Etidronate
- d) Risedronate
- e) a & d

*(Good Bones, Good Health, Good Life; page 112)*

**13. Women with polycystic ovary syndrome (PCOS) can exhibit which of the following clinical characteristics?**

- a) Obesity
- b) Insulin resistance
- c) Hyperandrogenemia
- d) Abnormal lipid profiles
- e) Any or all of the above

**14. What are the specific biochemical markers of adrenal androgen hyperproduction?**

- a) Elevated testosterone
- b) Elevated dihydroepiandrosterone sulfate (DHEAS)
- c) Elevated androstenedione
- d) Elevated 17-hydroxy progesterone (17-OHP)
- e) b & d

**15. Which of the following is/are clinical markers for hyperandrogenism?**

- a) Hirsutism
- b) Acne
- c) Androgen-dependent alopecia
- d) All of the above
- e) None of the above

**16. What is the relative risk of developing diabetes for a woman with a body mass index > 23?**

- a) 1%
- b) 2.5%
- c) 3.6%
- d) 4.8%

**17. Long-term management associated with PCOS includes screening and treatment of all of the following clinical problems except:**

- a) Diabetes
- b) Hypertension
- c) Thyroid problems
- d) Abnormal lipid profiles
- e) Obesity

*(Polycystic Ovary Syndrome; page 77)*

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