

# 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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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. *Colorectal cancer is the second most common cancer affecting Canadians, and the fourth most common cause of cancer-related death.*

- a) True
- b) False

2. *What is the estimated lifetime probability of developing colorectal cancer?*

- a) 3%
- b) 6%
- c) 10%
- d) 12%

3. *Increased-risk individuals make up what percentage of colorectal cancer cases?*

- a) 7% to 10%
- b) 15% to 20%
- c) 70% to 75%

4. *Randomized, prospective studies have demonstrated a 15% to 33% decrease in colorectal cancer-related deaths.*

- a) True
- b) False

5. *What is the gold standard screening test for colorectal cancer?*

- a) Fecal occult blood test
- b) Flexible sigmoidoscopy
- c) Air contrast barium enema
- d) Colonoscopy

6. *It is estimated that the risk of death for colonoscopy ranges between :*

- a) 1/1,000 to 2/1,000
- b) 3/1,000 to 5/1,000
- c) 1/10,000 to 3/10,000

(Colorectal Cancer Screening; page 69)

7. *Which aspect of the PRICE acronym of care could a patient be allergic to?*

- a) Protect
- b) Rest
- c) Ice
- d) Compression
- e) Elevate

8. *When a patient feels pain upon movement of a joint, a mechanical obstruction is less likely if the joint can be moved:*

- a) Actively
- b) Passively

(Sports Injuries; page 78)

9. *The normal pH range is:*

- a) 7.15 to 7.24
- b) 7.25 to 7.30
- c) 7.35 to 7.45
- d) 7.5 to 7.6

10. *Protein and lipid catabolism produce fixed acids, such as carbonic acid ( $H_2CO_3$ ).*

- a) True
- b) False

**11. Acidosis can occur with which of the following?**

- a) Renal failure
- b) Increased production of ketones
- c) Ingestion of salicylates
- d) Ingestion of methanol
- e) All of the above

**12. In the kidney,  $\text{HCO}_3^-$  filtered by the glomeruli is reabsorbed by:**

- a) Proximal tubular cells
- b) Distal tubular cells

*(Acid-Base Interpretation; page 83)*

**13. According to the author, what is optimal blood pressure?**

- a) < 120/70 mmHg
- b) < 140/90 mmHg
- c) < 160/90 mmHg

**14. What percentage of Canadians have hypertension that is adequately controlled?**

- a) 10%
- b) 20%
- c) 30%
- d) 40%
- e) 60%

**15. What is the minimum recommended rest time before taking a patient's blood pressure?**

- a) Two minutes
- b) Five minutes
- c) Seven minutes
- d) 10 minutes

**16. If a patient has proteinuria and hypertension, what is the target blood pressure?**

- a) < 160/90 mmHg
- b) < 140/90 mmHg
- c) < 130/80 mmHg
- d) < 125/75 mmHg

**17. Which of the following medications could be used as first-line therapy in a patient with hypertension and no comorbid conditions?**

- a) Thiazide diuretics
- b) Beta blockers
- c) Angiotensin-converting enzyme inhibitors
- d) Angiotensin receptor blockers
- e) Any of the above

*(Update on Hypertension; page 89)*

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

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**MERCK FROSST CANADA LTD.**

1. *By age 60, what percentage of men have testosterone deficiency?*
  - a) 10%
  - b) **20%**
  - c) 30%
  - d) 40%
2. *Which of the following is not a result of true hypogonadism?*
  - a) Reduced muscle mass and strength
  - b) Increased fat mass
  - c) **Increased bone density**
  - d) Fatigue
3. *Increasing testosterone in men who are not overly hypogonadal will improve sexual function.*
  - a) True
  - b) **False**
4. *What is the most common cause of hypogonadism?*
  - a) Primary testicular failure
  - b) **Hypothalamic-pituitary dysfunction**
5. *The Women's Health Initiative (WHI) study concluded that continuous, combined conjugated estrogen plus medroxyprogesterone acetate was not effective for the primary prevention of heart failure.*
  - a) **True**
  - b) False
6. *The WHI study showed that the breast cancer risk in those who use hormone replacement therapy (HRT) for five years or more was less than 0.1% per year of use.*
  - a) **True**
  - b) False
7. *Consuming three alcoholic beverages per day increases the rate of breast cancer by how much?*
  - a) 12 per 1,000
  - b) 17 per 1,000
  - c) 23 per 1,000
  - d) **30 per 1,000**
8. *Lack of exercise increases the rate of breast cancer by how much?*
  - a) 12 per 1,000
  - b) 17 per 1,000
  - c) **27 per 1,000**
  - d) 34 per 1,000
9. *Food allergies are typically induced by which of the following?*
  - a) Carbohydrates
  - b) Fats
  - c) **Proteins**
10. *Which of the following are priority food allergens?*
  - a) Cow's milk
  - b) Soy
  - c) Fish
  - d) a & c
  - e) **All of the above**
11. *The prevalence of allergy to peanut and tree nuts in North America is approximately:*
  - a) 0.5%
  - b) **1.1%**
  - c) 2.5%
  - d) 3.7%
12. *Which of the following is/are helpful investigations for food allergies?*
  - a) Prick skin tests
  - b) Radioallergosorbent (RAST) blood tests
  - c) Skin biopsy
  - d) a & b
  - e) **All of the above**

## Questions and answers from the August 2003 quiz

Correct answers are marked in bold

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13. *Negative prick skin tests and negative RAST tests are very accurate.*

- a) **True**
- b) False

14. *Which of the following symptoms or signs alone, or in combination, indicate the possibility of community-acquired pneumonia (CAP)?*

- a) Pleuritic chest pain
- b) Sputum production
- c) Crackles
- d) Bronchial breathing
- e) **All of the above**

15. *The author suggests followup chest X-rays to document complete clearing of the pneumonia in patients over 45 because:*

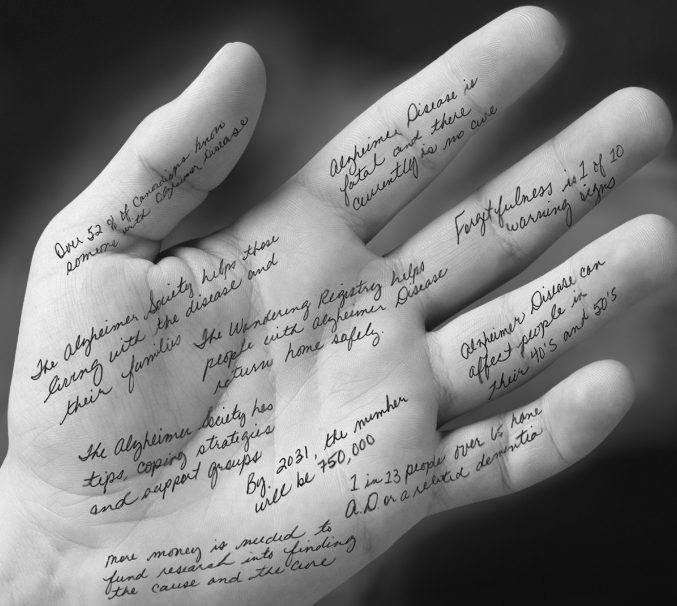
- a) Medication should be continued until the chest X-rays clear.
- b) **Lung cancer will be diagnosed in 2% of patients on subsequent X-rays.**

16. *Which of the following tests is not helpful in confirming a suggested CAP?*

- a) Complete blood count
- b) Blood urea nitrogen
- c) Oxygen saturation
- d) **Thyroid-stimulating hormone**

17. *The author suggests blood cultures should be performed on which of the following patients with pneumonia?*

- a) Patients with temperatures between 36 C and 39 C
- b) Patients with diabetes
- c) Those with chronic renal failure who are receiving hemodialysis
- d) All those going to be admitted
- e) **All of the above**



# Remember This...

Remembering is difficult... but even more difficult if you have Alzheimer Disease. A disease, which affects the brain, erases memory, and eventually takes life itself.

The Alzheimer Society provides information, support and funds research into the cause and cure. To find out more contact your local Alzheimer Society.

**[www.alzheimer.ca](http://www.alzheimer.ca)**  
Help for Today. Hope for Tomorrow.

**Alzheimer Society**

Handwritten text on the hand:

- Over 52% of Canadians have memory loss Alzheimer Disease
- Alzheimer Disease is fatal and there currently is no cure
- Forgetfulness is 1 of 20 warning signs
- Alzheimer Disease can affect people in their 40's and 50's
- The Alzheimer Society helps those living with the disease and their families
- The Wandering Registry helps people with Alzheimer Disease return home safely
- The Alzheimer Society has tips, coping strategies and support groups
- By 2031, the number will be 750,000
- 1 in 23 people over 65 have A.D or a related dementia
- More money is needed to fund research into finding the cause and the cure