

This quiz assesses your understanding of the articles in this issue. Participation is open to physicians who practise in Canada. Physicians who complete the quiz will receive a statement from the University of Calgary, Office of Continuing Medical Education, indicating their participation, score and the correct answer to each question.

Each quiz may be submitted only once within six months of publication. Correct answers will be

published six months after the quiz appears.

You will receive your score and CME statement immediately if you answer the quiz online at either www.cme.ucalgary.ca or www.stacommunications.com.

A question may have more than one correct answer. Please use a ballpoint pen to mark the correct answers on the quiz reply form. You can complete the quiz online or mark all the correct answers on the quiz reply form.

Select the best answer(s) for each of the following:

1. Endometriosis on the cervix is relatively common.

- a) True
- b) False

(Cervical Abnormalities, page 49)

2. Which of the following are parts of the Blatchford risk score for gastrointestinal hemorrhage?

- a) Age
- b) Blood urea nitrogen
- c) Hemoglobin
- d) Hepatic disease
- e) Systolic blood pressure

3. All patients with acute upper gastrointestinal bleeding require immediate barium studies.

- a) True
- b) False

(Ulcer, page 61)

4. Which conditions does the author consider to be "emerging" risk factors for coronary artery disease in women?

- a) C-reactive protein
- b) Diabetes mellitus
- c) Homocysteine
- d) Lipoprotein (a)
- e) Smoking

5. Hormone replacement therapy is ineffective for secondary prevention of cardiovascular events.

- a) True
- b) False

(Coronary Artery Disease, page 71)

6. Which test is the current "gold standard" for detecting polyps or colorectal cancer?

- a) Colon X-ray
- b) Colonoscopy
- c) CT Colonography
- d) Genetic screening
- e) Sigmoidoscopy

7. Patients with ulcerative colitis have a twice-greater risk of developing colon cancer than those with Crohn's disease?

- a) True
- b) False

(Colorectal Cancer, page 80)

8. A positive anti-nuclear antibody test (ANA) confirms the diagnosis of systemic lupus erythematosus.

- a) True
- b) False

(Lupus, page 88)

CME Credit Quiz

9. According to the recently published ALLHAT study, what medication should be the initial treatment in nearly all hypertensive patients?

- a) Angiotensin-converting enzyme inhibitors (ACEIs)
- b) Alpha blockers
- c) Beta blockers
- d) Calcium channel blockers
- e) Thiazide diuretics

10. Which medications does the author recommend for initial therapy of patients with diabetes mellitus with nephropathy?

- a) ACEIs
- b) Angiotensin-receptor blockers
- c) Beta blockers
- d) Calcium channel blockers
- e) Thiazide diuretics

(Hypertension, page 99)

11. Ten per cent of the normal population has a positive rheumatoid factor.

- a) True
- b) False

12. Which disease-modifying anti-rheumatic drug does the author recommend as the "gold standard"?

- a) Etanercept
- b) Gold salts
- c) Leflunomide
- d) Methotrexate
- e) Sulfasalazine

(Rheumatoid Arthritis, page 111)

13. All cases of urinary incontinence should be referred to a specialist.

- a) True
- b) False

(Urinary Incontinence, page 125)

14. There is currently no definitive data to support population-wide screening for elevated serum lipids in the elderly.

- a) True
- b) False

(Geriatrics, page 133)

15. According to the author, which part of the "Healthy Brain" program comes closest to what might be the "Fountain of Youth"?

- a) Mental exercise
- b) Nutrition
- c) Physical exercise
- d) Safety
- e) Sleep

(Brain Health, page 145)

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CME CREDIT QUIZ

March 2003

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Circle the correct answer(s) for each question in the CME quiz using a ballpoint pen. Please print your contact information. Carefully tear or cut out this sheet and fax it to **403-270-7285**. No fax cover sheet is necessary. If you do not have a fax machine, please mail the answer sheet to the address on the reverse page.

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CME CREDIT QUIZ

March 2003



Dear reader,

This quiz assesses your knowledge of the information in the articles in this issue. Participation in the quiz is limited to physicians practising in Canada. Record the amount of time spent reading the articles and answering the quiz in your CME diary. Use this record when reporting the CME activity to a professional organisation.

If you answer the quiz online, you will receive your score and CME statement immediately. If you submit the answer sheet by fax or mail, it may take several weeks to score it manually. You will then receive a statement indicating your participation, your score, and the correct answer to each question.

The Office of Continuing Medical Education, University of Calgary, Faculty of Medicine, is fully accredited by the Committee on Accreditation of Canadian Medical Schools to offer continuing medical education to physicians.

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The following are the questions and answers from the September 2002 quiz.
Correct answers are marked in bold.

1. Which two factors does the author refer to when he mentions that middle-aged adults sometimes become "sandwiched"?

- a) Aged parents
- b) Children**
- c) Finances
- d) Grandchildren
- e) Retirement

2. What substance is found in increased amounts in the cerebrospinal fluid of patients suffering from fibromyalgia?

- a) Acetylcholine
- b) Calcitonin
- c) Endorphin
- d) Hyaluronic acid
- e) Substance P**

3. Opioids are taboo in the management of chronic non-malignant pain.

- a) True
- b) False**

4. How many pieces of tape does the author recommend using for an eye patch?

- a) One
- b) Two
- c) Three
- d) Four**
- e) Five

5. All corneal rust rings should be removed immediately.

- a) True
- b) False**

6. Which of the following are humectants?

- a) Glycerine
- b) Hyaluronic Acid**
- c) Lactic acid
- d) Olive oil
- e) Urea

7. In the opinion of the author, most commercial "moisturizing lotions" are worse than useless.

- a) True
- b) False**

8. Which gases are major constituents of human bowel gas?

- a) Acetylene
- b) Helium
- c) Hydrogen**
- d) Methane**
- e) Propane

9. What causes Magenblase syndrome?

- a) Anal stricture
- b) Bowel obstruction
- c) Fermentation
- d) Food intolerance
- e) Swallowed air**

10. What is the upper estimate of the percentage of children with Neurofibromatosis I who have some degree of developmental lag?

- a) 30%
- b) 40%
- c) 50%
- d) 60%
- e) 70%**

11. What body part is affected by a posthitis infection?

- a) Glans
- b) Foreskin**
- c) Testicle
- d) Urethral meatus

12. What is the upper estimate of the occurrence of undescended testes or inguinal hernias in patients with hypospadias?

- a) 10%**
- b) 20%
- c) 30%
- d) 40%
- e) 50%

13. What is the most common infectious complication of tattoos?

- a) AIDS
- b) Bacterial infection**
- c) Hepatitis B
- d) Syphilis
- e) Warts

14. Earlobe piercing guns can be safely used to pierce other body parts.

- a) True
- b) False**