

Part one

1. (e). The clues to the diagnosis include the high troponin level suggesting myocardial damage, the fact that he has diabetes and therefore might well have had a silent myocardial infarction, and the ECG. The troponin and ECG results must not be ignored.

Part two

2. (c) and (d). You need to know the cause of the abdominal pain and the state of the heart, hence these two investigations. Investigations (a) and (b) are irrelevant and (e) will not give details of the renal circulation.

Part three

3. None of them! Kidney function can be severely impaired without causing biochemical or blood pressure changes. Silent angina and myocardial infarction is common in type 2 diabetes. Infection is not the only event that raises white cell counts and CRP levels. Raised troponin 1 levels must always be taken seriously as a sign of myocardial damage. These ECG findings must be considered as recent, along with the recent history of increased breathlessness.

Part four

4. (e) Thrombosis may develop in a ventricle after myocardial infarction leaves intramural damage, a left ventricular aneurysm, or even in dilated cardiomyopathy. Atrial fibrillation is not necessary for such thrombi to embolise. The anatomy is wrong for (c) and (d) is just a step too far for referred pain from the heart! Option (b) is possible, but does not take into account the heart evidence.

Part five

5. (b) and (d). Satish's case was managed conservatively, first of all with anticoagulation. The arterial phase contrast enhanced CT scan showed complete blockage of the renal artery close to its entry into the left kidney. It also revealed a wedge-shaped infarct involving around one-sixth of the right kidney. It was decided to proceed with thrombectomy, which was successful. If it had not been so, then a full surgical embolectomy would have been considered.

Satish recovered well, but was advised to take things easier in the future, to take more time relaxing and away from his business. His son has promised to take some of the load from him, but whether he will let that happen is a moot point.

Your quiz compiler – Dr Tom Smith



Dr Tom Smith graduated from Birmingham Medical School in the UK with the Leith-Newman Prize in Paediatrics and Child Health. After the usual 2 years of hospital training he became a general practitioner in the west of Scotland, where, apart from a period of 7 years in medical research in Southampton, he has lived ever since.

During the research years he passed the Diploma in Pharmaceutical Medicine (of the Royal College of Physicians of Edinburgh), which helped to establish his value as a scientific writer. For 30 years he has been a medical journalist and author, with columns in several British newspapers, regular 'spots' on Radio, around 30 self-help books for patients, and three humorous books (*A Seaside Practice*, *Going Loco*, and *Doctor have You Got A Minute?*) about his experiences as a rural, then a travelling, doctor under his belt. During these

years he also travelled the world reporting medical conferences for various journals and medical societies.

Always fascinated by Africa, his work and travels have taken him to Eldoret in Kenya, the Gambia, Cairo, and Johannesburg, where his eyes were opened by a stint in the Baragwanath hospital in Soweto during the apartheid years. He looks back with affection on his times in Kenya and South Africa in '*Going Loco*'.

Dr Smith has been devising the Quiz for *Africa Health* for more than 6 years and really enjoys the challenge. He hopes that doctors all over Africa enjoy it too, and that they feel it is relevant to their practice – something that it is at times difficult to assess from Scotland, where he still lives. He would be happy to have feedback and suggestions for subjects from readers.

He is married with two children and five grandchildren. Having finally retired from active clinical practice in 2011 he still keeps up with new developments in medicine through journals, meetings, and his press, GP, and consultant contacts. Dr Smith hopes to visit Africa again in the spring of 2013: as he says, 'once your great continent is in the blood it cannot be washed away!'