



**Africa HEALTH** CPD Challenge  
Questions

Were you paying attention? Test your retentive capacities on issues raised in this edition of *Africa Health*. You can quietly test yourself, or – and we're particularly keen on this – you could make it a part of the foundation of a Journal Club in your department or health institution. Life-long learning is a collaborative exercise and the whole health team can be positively stimulated by being involved in such discussion.

**Q1. Clinical Review**

- i. Name two actively harmful ingredients used in skin lightening creams.
- ii. Name two potential systemic side effects that these creams can cause.
- iii. The low level of type 1 diabetes incidence in sub-Saharan Africa has never been fully explained. Explain two of the hypotheses described in the *Clinical Review*.
- iv. Neurocysticercosis caused by the pig tapeworm *Taenia solium* is now identified as being a leading cause of what condition?

**Q2. Epidemiology of sexually transmitted infections: worldwide**

- i. Prevalence data for curable sexually transmitted infections (STIs) analysed by the World Health Organization indicate that in 2008 globally there were:
  - a. 499 million new cases
  - b. 244 million new cases
  - c. 110 million new cases
- ii. What condition is increasingly being seen in immunocompromised patients with the herpes simplex virus type 2 (HSV-2)?

- iii. In most developing countries, case management of STIs must be syndromic, because facilities for laboratory diagnosis are unavailable outside a few specialist centres. Syndromic management of genital ulcers, and urethral discharge in men is straightforward and cost-effective. Is it the same for women?
- iv. Universal screening of pregnant women for syphilis, and treatment with what pharmaceutical preparation, is described as being potentially one of the cheapest and most cost effective interventions available, saving as many as 500 000 perinatal deaths every year?

**Q3. Sexually transmitted infections in women: history and examination**

- i. Many generalised skin conditions can give rise to genital disease. Any suspicion should prompt a general examination: name three important sites to examine.
- ii. If someone has been sexually assaulted, ask about other types of abuse, as women experiencing intimate partner violence (IPV) may need medical, social and psychological support. What are the HARK questions?
- iii. When examining the vulva and perianal region for warts, what characteristics might you be looking out for? And what do you need to be careful not to confuse warts with?

**Answers**

Q1. i. Single dose benzathine penicillin is effective against syphilis.  
ii. Sites that need to be checked: the finger webs (scabies), knees and elbows (psoriasis), flexures (eczema) and mouth (lichen planus, Behçet's disease).  
iii. The HARK questions to help in identifying abuse are: HUMILIATION: Within the last year, have you ever been humiliated or emotionally abused in other ways by your partner or ex-partner? AFR/AID: Within the last year, have you been afraid of your partner or ex-partner? R/APE: Within the last year have you been raped or forced to have any kind of sexual activity by your partner or ex-partner? KICK: Within the last year, have you been kicked, hit, slapped or otherwise physically hurt by your partner or ex-partner?  
iv. Warts are generally asymmetrical and feel slightly gritty as though containing grains of sand. They should not be confused with vestibular papillae which may be seen as symmetrical roughening around the introitus in some women and are a normal finding.

Q2. i. It was estimated that there are 499 million new cases each year.  
ii. Genital ulcers.  
iii. No. Syndromic management of vaginal discharge in faster and bigger than previous generations.  
iv. Epilepsy.

Q3. i. The Sunshine Hypothesis: greater sunshine levels increase vitamin D ingestion; The Hygiene Hypothesis: Low exposure to bacteria and viruses in early childhood reduces the immune system's ability to resist later auto-immune attack; The Cow's Milk Hypothesis: Prolonged breast feeding wins out against the early use of cow's milk as bovine albumen can mimic islet cell antigens and encourage an autoimmune islet attack; The Accelerator Hypothesis: beta cell reserves are being strained by children (in the North) growing faster and bigger than previous generations.  
ii. Hypertension, diabetes, low birth-for-weight babies, hydroquinone, mercurial derivatives.  
iii. Skin lightening cream hazardous ingredients: Corticosteroids (often clobetasol propionate); high-dose silybin; mercury derivatives.  
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