



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 or 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.

1. Malaria in pregnancy control: an elusive target

Qi: Name the four possible outcomes if a woman catches malaria in pregnancy.

Qii: In women with placental malaria post-partum haemorrhage can be worse in the peak malaria transmission months. Is this statement

- a. True
- b. False

Qiii: Research has shown an association between placental malaria infection and which other condition?

2. Medical consequences of obesity

Qi: The medical consequences of obesity affect almost every body system. Is this statement

- a. True
- b. False

Qii: Central or upper body fat distribution, as measured by waist circumference, is an independent risk factor for the development of which medical condition?

Qiii: The most common and most deleterious effects of obesity are on the cardiovascular system, and include hypertension, heart failure, coronary heart disease and which other medical condition?

3. Symptoms and signs of upper gastrointestinal disease

Qi: Heartburn is a common symptom. On a weekly basis, how many adults experience the condition?

- a. 20%
- b. 38%
- c. 14%

Qii: A small proportion of patients with severe gastro-oesophageal reflux disease will have dental erosions. What causes this?

Qiii: When diagnosing gastrointestinal disease some consideration must be given to alternative possible differential diagnoses. Which is the most frequent and important non-GI diagnosis to consider.

4. Clinical Review

Qi: At the end of 2010, the estimated number of people living with HIV/AIDS in sub-Saharan Africa was:

- a. 18.5 million
- b. 22.9 million
- c. 26.5 million.

Qii: At the end of 2010, the number of people on antiretroviral therapy in low and middle-income countries was:

- a. 4.4 million
- b. 6.6 million
- c. 10.2 million

Qiii: Early ART therapy given to HIV-infected persons can prevent HIV transmission to uninfected partners or spouses. What is this termed? *

Qiv: Treatment 2.0 is:

- a. a new treatment initiative focusing on five priorities;
- b. a new treatment regimen for people living with HIV;
- c. a new target developed by UNAIDS and WHO;
- d. a treatment regimen that includes two main classes of drugs.

Qv: What did the Fluid Expansion as Supportive Therapy (FEAST) study investigate?

Qvi: There is a case for routine screening for cardiovascular risk factors in patients on ARVs, as well as an education programme on diet and exercise. Which other factors are said to be highly beneficial?

5. Medicine Digest

Qi: The drug cytisine is used to help smoking cessation. From what is it extracted?

ii: Bacteraemia is common in children in sub-Saharan Africa. HIV infection and which two other things contribute to the susceptibility?

iii: Vitamin A supplementation reduces the incidence of diarrhoea and overall in children aged 6 months to 5 years. What other two benefits are there?

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- Q1 Retarded foetal growth, miscarriage, stillbirth, and low birthweight.
 - i. True.
 - ii. True.
 - iii. Gestational hypertension.
- Q2 True.
 - i. Type 2 diabetes.
 - ii. Stroke.
 - iii. Stroke.
- Q3 20%.
 - i. The effects of acid regurgitation on dental enamel.
 - ii. Ischaemic heart disease.
 - iii. Ischaemic heart disease.
- Q4 Answer 'b', 22.9 million.
 - i. Answer 'b', 6.6 million.
 - ii. Treatment for prevention.
 - iii. Answer 'a'.
 - iv. The value of bolus treatment for septic shock in low-income countries.
 - v. Regular blood pressure monitoring and vigorous treatment of hypertension.
 - vi. Golden Rain acacia seeds (*Cytisus laburnum* L.).
 - i. Malnutrition and sickle-cell disease.
 - ii. Significant reductions in the features of vitamin A deficiency and possible blindness prevention.



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