CPD Challenge

Questions

1. **Which of the following statements are TRUE or FALSE regarding sex differences in myocardial infarction?**

   a. The incidence of myocardial infarction is much higher in men than in women.
   b. Incidence of Myocardial Infarction in both men and women is associated with high blood pressure, smoking intensity, body mass index and diabetes.
   c. Some of these risk factors are more strongly associated with Myocardial Infarction in women compared to men.
   d. With increasing age, the effect of these risk factors tend to wane but the relative higher risk in women remains.
   e. The incidence of Myocardial Infarction in women will never catch up to that of men with time and increasing prevalence of lifestyle risk factors.

2. **Indicate which of the following statements are TRUE or FALSE regarding the relationship between dairy intake and cardiovascular outcomes.**

   a. Whole-fat dairy products are often advised against due to a presumed adverse effect on blood lipids and cardiovascular health
   b. Higher intakes of total dairy, corresponding to > 2 servings per day, are associated with HIGHER risk of cardiovascular and non-cardiovascular mortality, cardiovascular disease and stroke compared to no dairy intake.
   C. Higher intakes of milk and yoghurt (> 1 serving versus no intake) are associated with HIGH risk of cardiovascular outcomes.
   D. Butter intake is generally of low or no significant association with cardiovascular outcomes.
   E. All the above statements are correct

3. **Which of the following statements are TRUE or FALSE concerning caesarean delivery and early childhood growth?**

   a. Whilst caesarean section can be a life-saving procedure for both mother and infant, there are both immediate and long-term complications.
   b. Infants born from caesarean delivery have been linked to increased rates of obesity in childhood.
   c. There is no difference in the risk between elective and emergency caesareans.
   d. The use of caesarean section at delivery may be associated with potential long term metabolic outcomes
   e. All TRUE

4. **Which of the following statements are TRUE of FALSE regarding Smoking cessation and the menopause?**

   a. Both cigarette smoking and early menopause are associated with increased risk of chronic disease including cardiovascular disease and osteoporosis
   b. Current female smokers are NOT at an increased risk of an early (age 40-44 years) and premature (age <40 years) menopause
   c. Former smokers have a 15% higher risk of premature and early menopause compared with never smokers
   d. Current smokers have double the risk compared to never smokers.
   e. Early smoking cessation can help reduce risk of smoking-associated early menopause and may also reduce the increased risk of chronic disease associated with both smoking and early menopause.

5. **Which of the following statements are TRUE or FALSE regarding modelling sugar reduction and obesity outcomes?**

   a. High sugar intakes are associated with obesity and many countries across the world are facing an obesity epidemic.
   b. The World Health Organization recommends that < 10% of total energy intake should come from added sugars.
   c. The notion of a national reduction of added sugars in sugar-sweetened beverages will NOT help curb the obesity epidemic.
   d. An average consumption of 12.6% of everyday total energy (calorie intake) from added sugars is considered safe for adults.
   e. NONE of the above statements are TRUE.

CPD Answers

1. TRUE a, b, c, d   2. TRUE a,   3. TRUE a, b, d   4. TRUE a, c, d, e   5. TRUE a, b,
FALSE e   FALSE b, c, d, e   FALSE c, e   FALSE b   FALSE c, d, e