CPD Questions

TEST YOUR KNOWLEDGE!

1. Please indicate what is TRUE or FALSE concerning ultra-processed food consumption.

a). Ultra-processed food consumption is associated with several chronic diseases, including colorectal cancer.

b). Ultra-processed food consumption is associated with a higher risk of colorectal cancer in men compared to women.

c). Consumption of dairy-based products are negatively associated with colorectal cancer risk.

d). Among women, ready-to-eat/heat-mixed dishes are associated with increased risk of colorectal cancer

e). All TRUE

2. Which of the following statements are TRUE or FALSE concerning the use of low-dose aspirin in pregnancy

a). Use of low-dose aspirin reduces the risk of preterm birth in women at risk of preeclampsia

b). Utility of low-dose aspirin in preventing preterm birth in women with a history of preterm birth is not clear.

c). Use of low-dose aspirin has no effect on medically indicated preterm birth.

d). Low-dose aspirin can be an effective prophylaxis for recurrent preterm birth.

e). All TRUE

3. Please indicate which of the following statements are TRUE or FALSE

a). Artificial sweetener intake is associated with increased cerebrovascular disease risk.

b). Childhood obesity is associated with impaired kidney function and development of adult-onset chronic kidney disease.

c). Vitamin D supplementation significantly lowers the risk of fractures in midlife and older adults.

d). Adults with new onset type 2 diabetes mellitus (T2DM) may be associated with insulin deficiency, requiring early initiation of insulin therapy.

e). Statin therapy is of great benefit in patients with end-stage renal disease (ESRD) and peripheral artery disease (PAD) on dialysis.

4. Please indicate which of the following statements are TRUE or FALSE concerning glucose lowering drugs

a). A glycated hemoglobin (HBA1C) level below 7.0% is recommended in type 2 diabetes mellitus (T2DM).

b). Metformin combined with insulin glargine and liraglutide are better at achieving and maintaining target HBA1C levels.

c). All four-common glucose-lowering drugs: insulin glargine, glimepiride, liraglutide, and sitagliptin are beneficial in T2DM patients receiving metformin.

d). An HBA1C level of 6.8 to 8.5% is considered acceptable glycemic control outcome measure.

e). All TRUE

5. Please indicate which of the following are TRUE or FALSE in the management of asthma in settings with fragile health systems like sub-Saharan Africa

a). Over prescription of short-acting b2 agonists is common and is associated with poor asthma outcomes

b). A prescription of ≥ 3 canisters of short-acting b2 agonist (SABA) in the preceding 1 year is considered an over-prescription.

c). Generally, data on the extent of short-acting b2 agonist (SABA) use and outcomes are lacking.

d). In most settings, clinical practice in the use of SABA for asthma management is not aligned with current treatment guidelines, leading to poor treatment outcomes.

e). Higher SABA prescriptions may be associated with increased rates of severe exacerbations of asthma.

Answers

1. aT;bT;cT;dT;eT
2. aT;bT;cT;dT;eT
3. aT;bT;cF;dT;eT
4. aT;bT;cT;dT;eT
5. aT;bT;cT;dT;eT