

February 2009 – Review topics: 2008

CPD questionnaires must be completed online via www.cpdjournals.org.za. After submission you can check the answers and print your certificate. Questions may be answered up to 6 months after publication of each issue.

WHAT'S NEW IN HYPERTENSION?

1. **True (A) or false (B) – fill in only block A or B:**
The practice of using combination therapy with ACE inhibitor plus ARB for protecting the kidney against progressive chronic kidney disease is now being seriously questioned.
2. **True (A) or false (B) – fill in only block A or B:**
Recent studies have shown that telmisartan is not inferior to ramipril and that telmisartan was better tolerated.
3. **True (A) or false (B) – fill in only block A or B:**
The choice of ACE inhibitor or ARB for patients with high cardiovascular risk is solely determined by tolerability and cost.

GASTROENTEROLOGY: WHAT IS NEW IN 2009?

4. **True (A) or false (B) – fill in only block A or B:**
Barrett's oesophagus (BO) affects approximately 10% of individuals with gastro-oesophageal reflux disease (GORD) and is the major risk factor for the development of adenocarcinoma of the oesophagus.
5. **True (A) or false (B) – fill in only block A or B:**
Eosinophilic oesophagitis (EO), in which numerous eosinophils (at least 15 per high-power field) infiltrate the oesophageal mucosa, is an increasingly recognised disorder, affecting some people with symptoms of GORD unresponsive to PPIs.
6. **True (A) or false (B) – fill in only block A or B:**
H. pylori eradication is an appropriate option for patients infected with *H. pylori* and investigated for non-ulcer disease.

WHAT'S NEW IN PAEDIATRICS? (REVIEW)

7. **True (A) or false (B) – fill in only block A or B:**
Babies born small have a higher risk of obesity, the metabolic syndrome, type II diabetes mellitus, hypertension and coronary vascular disease, particularly if they show rapid catch-up growth in early childhood.
8. **True (A) or false (B) – fill in only block A or B:**
Nutritional restriction during gestation is associated with decreased body size at birth, decreased insulin responses to various secretagogues, increased whole-body insulin sensitivity and receptor expression, and selective resistance to inhibition of lipolysis by insulin.
9. **True (A) or false (B) – fill in only block A or B:**
Not only the quantity but also the type of food exposure in early infancy may have long-lasting effects on growth and weight gain.

ASSESSMENT OF COUGH

10. **True (A) or false (B) – fill in only block A or B:**
Chronic persistent cough is defined as one that lasts for >8 weeks in a non-smoking, immunocompetent patient who has a normal chest X-ray, is not receiving therapy with an ACE inhibitor, and has not been exposed to an environmental irritant.

11. **True (A) or false (B) – fill in only block A or B:**
Post-infectious coughs usually last <3 weeks but can occasionally persist for ≥8 - 12 weeks.
12. **True (A) or false (B) – fill in only block A or B:**
Empiric treatment can be used as a diagnostic trial in patients with a chronic cough.

A BALANCED APPROACH TO THE MANAGEMENT OF PATIENTS WITH STABLE CORONARY DISEASE

13. **True (A) or false (B) – fill in only block A or B:**
Coronary stenting has no influence on prognosis in stable angina, and coronary surgery has a small but significant positive impact.
14. **True (A) or false (B) – fill in only block A or B:**
Optimal medical strategies in the treatment of chronic stable angina include the prescription of aspirin, statins, angiotensin-converting enzyme inhibitors (ACE inhibitors), and lifestyle interventions such as quitting smoking, increasing physical activity and dietary change.
15. **True (A) or false (B) – fill in only block A or B:**
PCI does not carry a lower risk of neurological complications than CABG.

UPDATE ON TYPE 2 DIABETES

16. **True (A) or false (B) – fill in only block A or B:**
The 'legacy effect' of glucose control suggests that early attention to glycaemia should be the norm in all newly diagnosed type 2 diabetics.
17. **True (A) or false (B) – fill in only block A or B:**
Current guidelines are that an HbA_{1c} of ≥7% requires urgent attention.
18. **True (A) or false (B) – fill in only block A or B:**
The initiation of lifestyle modification along with metformin is now the treatment of choice for newly diagnosed type 2 diabetics, rather than lifestyle modification alone.

ADVERSE DRUG REACTIONS – AN UPDATE

19. **True (A) or false (B) – fill in only block A or B:**
An increased incidence of a common event such as myocardial infarction can only be detected by statistical analysis of cohorts or in randomised controlled trials.
20. **True (A) or false (B) – fill in only block A or B:**
Severe drug hypersensitivity reactions can also be predicted by genetic testing, e.g. abacavir hypersensitivity and *HLA-B*5701*, and carbamazepine-induced Stevens-Johnson syndrome and *HLA-B*1502*.

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