

# May 2009 – Gastroenterology

CPD questionnaires must be completed online via [www.cpdjournals.org.za](http://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.

## COLORECTAL CANCER SCREENING

- 1. Which statement regarding colorectal cancer screening is incorrect?**
  - A. All persons at average risk of colorectal cancer should begin screening at age 50
  - B. Persons undergoing Guaiac-FOBT must be advised to avoid certain foods and drugs
  - C. Performing a FOBT test on a stool sample obtained at digital rectal examination is not recommended
  - D. A person with a normal screening colonoscopy should be advised to undergo repeat colonoscopy after 5 years.
- 2. Which one of the following statements is correct?**
  - A. Colonoscopy is the 'gold standard' colorectal cancer screening test
  - B. The accuracy of colonoscopy and CT colonoscopy for cancer is similar
  - C. Stool DNA analysis is the most accurate test for detecting larger polyps and cancer
  - D. There is little or no advantage in combining screening tests, e.g. colonoscopy and CT colonoscopy.
- 3. Which statement regarding barriers to colorectal cancer screening is incorrect?**
  - A. The lay public by and large lack awareness of the importance of CRC screening
  - B. Practitioners should discuss screening with their patients, and inform them of the available tests, and the merits of each test
  - C. Most general practitioners have a systematic and co-ordinated programme for CRC screening in their practices
  - D. With the exception of colonoscopy, any positive screening test must be followed by colonoscopy.

## RECENT ADVANCES IN INFLAMMATORY BOWEL DISEASE

- 4. True (A) or false (B) – fill in only block A or B:**  
A history of previous smoking protects against UC.
- 5. True (A) or false (B) – fill in only block A or B:**  
Capsule endoscopy is superior to barium studies in the diagnosis of small-bowel CD.
- 6. True (A) or false (B) – fill in only block A or B:**  
Folate and vitamin B<sub>12</sub> deficiency are the most common causes of anaemia in IBD.

## REFRACTORY GASTRO-OESOPHAGEAL REFLUX DISEASE: A MAJOR MANAGEMENT ISSUE IN CLINICAL PRACTICE

- 7. True (A) or false (B) – fill in only block A or B:**  
Only 58% of patients receiving a PPI report a satisfactory therapeutic response.
- 8. True (A) or false (B) – fill in only block A or B:**  
Eosinophilic oesophagitis is relatively uncommon and unlikely to be responsible for a significant portion of patients who fail PPI treatment.

- 9. True (A) or false (B) – fill in only block A or B:**  
Lifestyle modifications such as losing weight and stopping smoking are yet to be proven to be of benefit in refractory GORD.

## CHRONIC IDIOPATHIC CONSTIPATION

- 10. True (A) or false (B) – fill in only block A or B:**  
There is little association with increased fluid intake and relief of constipation.
- 11. True (A) or false (B) – fill in only block A or B:**  
Exercise in the elderly has been shown to have some benefit in the relief of constipation.
- 12. True (A) or false (B) – fill in only block A or B:**  
Probiotics have a limited effect on constipation, according to randomised controlled trials.

## HELICOBACTER PYLORI AND GASTRIC CANCER

- 13. True (A) or false (B) – fill in only block A or B:**  
Nearly 80% of those infected with *H. pylori* do not develop symptoms.
- 14. True (A) or false (B) – fill in only block A or B:**  
*H. pylori* should only be eradicated as part of specific therapy in healing of gastric or duodenal ulcers (triple or quadruple therapy) in South Africa.
- 15. True (A) or false (B) – fill in only block A or B:**  
*H. pylori* should only be eradicated in the therapy of low-grade MALT lymphoma of the stomach.

## DIVERTICULAR DISEASE OF THE COLON

- 16. True (A) or false (B) – fill in only block A or B:**  
In South Africa diverticular disease rarely presents with lower gastrointestinal bleeding.
- 17. True (A) or false (B) – fill in only block A or B:**  
Urgent colonoscopy should be performed in suspected cases of acute diverticular disease.

## ADVANCES IN HEPATITIS B

- 18. True (A) or false (B) – fill in only block A or B:**  
Patients with established cirrhosis, particularly decompensated cirrhosis, should be considered for treatment.
- 19. True (A) or false (B) – fill in only block A or B:**  
Contraindications to interferon remain decompensated cirrhosis, autoimmune disease and uncontrolled severe depression or psychosis.

## HEPATITIS C VIRUS (HCV)

- 20. True (A) or false (B) – fill in only block A or B:**  
Genotype 5 is as difficult to treat as genotype 1.

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