

October 2009 – Women's Health

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.

MANAGEMENT OF ENDOMETRIOSIS

1. **True (A) or false (B) – fill in only block A or B:**
Laparoscopy and biopsy with histological confirmation of endometriosis remain the gold standard for diagnosis of the disease.
2. **True (A) or false (B) – fill in only block A or B:**
Using the combined oral contraceptive pill cyclically gives better pain control than continuous use.

PREVENTING CERVICAL CANCER

3. **Which of the following is a known aetiological agent for cervical cancer (choose one)?**
 - A. Hepatitis B virus
 - B. Epstein-Barr Virus
 - C. Human papillomavirus 18
 - D. Herpes simplex.
4. **HPV testing can be used in the following scenario (choose one):**
 - A. Screening of young women (under 30 years of age)
 - B. Triage ASCUS for further management
 - C. Determining the histological type of carcinoma
 - D. Screening before vaccination.

ANXIETY DISORDERS IN PREGNANCY AND THE POSTNATAL PERIOD

5. **Anxiety disorders (choose one):**
 - A. Are uncommon during pregnancy
 - B. Clinically are easy to differentiate from normal perinatal anxiety
 - C. Should be screened for as part of standard obstetric care
 - D. Are not associated with increased prenatal visits
 - E. During pregnancy are poor predictors of postnatal mental illness.
6. **SSRIs (choose one):**
 - A. Are the first-line treatment of choice for anxiety in pregnancy and postnatally
 - B. Apart from paroxetine, are not associated with neonatal withdrawal effects
 - C. May be associated with an increased risk of PPHN
 - D. Have a risk of cardiac malformations if used in the first trimester
 - E. Should be used only if benzodiazepines fail to control anxiety.

THE ABC OF BENIGN BREAST DISEASE

7. **True (A) or false (B) – fill in only block A or B:**
Nipple discharge is common in benign breast disease.
8. **True (A) or false (B) – fill in only block A or B:**
Mastalgia is an amplification of usual breast pain, presenting with greater frequency and severity.

THE GROWING BURDEN OF CHRONIC DISEASES AMONG SOUTH AFRICAN WOMEN

9. **True (A) or false (B) – fill in only block A or B:**
The triple burden of disease includes HIV/AIDS.

10. **True (A) or false (B) – fill in only block A or B:**
The HPV vaccine can prevent cervical cancer caused by HPV types 16 and 18.

MENOPAUSE AND HORMONE THERAPY – HOW CONFUSED ARE YOU?

11. **True (A) or false (B) – fill in only block A or B:**
A 52-year-old woman recovering from surgery for colorectal cancer requests therapy for her hot flushes. Hormone therapy is contraindicated.
12. **True (A) or false (B) – fill in only block A or B:**
Hormone therapy does not offer secondary protection against cardiovascular disease in older women.

TERMINATION OF PREGNANCY LEGISLATION IN SOUTH AFRICA: IMPLICATIONS FOR HEALTH CARE PROVIDERS

13. **True (A) or false (B) – fill in only block A or B:**
The CTOP Act provides for abortion on request up to 12 weeks of gestation.
14. **True (A) or false (B) – fill in only block A or B:**
Minors may request abortion without the consent of their parents.

CRIMINAL LAW (SEXUAL AND RELATED MATTERS) AMENDMENT ACT (NO. 32 OF 2007): EMERGING ISSUES FOR THE HEALTH SECTOR

15. **True (A) or false (B) – fill in only block A or B:**
The new definition of rape is defined as the sexual penetration of a penis or other object into the vagina, anus or mouth of another person without their consent.
16. **True (A) or false (B) – fill in only block A or B:**
In order to administer PEP, the rape complainant must lay a charge with the South African Police Service.

CONTRACEPTION AND HIV/AIDS

17. **True (A) or false (B) – fill in only block A or B:**
Male and female condoms are the only contraceptive methods available to HIV-infected individuals.
18. **True (A) or false (B) – fill in only block A or B:**
Injectable contraceptives are safe for women on anti-retroviral therapy.

COMPULSORY HIV TESTING OF ALLEGED SEXUAL OFFENDERS: ROLE OF THE HEALTH CARE PROFESSIONAL

19. **True (A) or false (B) – fill in only block A or B:**
Health care professionals can make an application for a compulsory HIV test of an alleged sexual offender on behalf of their patients.
20. **True (A) or false (B) – fill in only block A or B:**
Once the test result is obtained, the health care professional must inform the alleged offender and the victim of the outcome of the compulsory HIV test.

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