

The CPD programme for *SAMJ* is administered by Medical Practice Consulting.
CPD questionnaires must be completed online at www.mpconsulting.co.za.

True (A) or false (B):

SAMJ

A proposed management algorithm for late-onset efavirenz neurotoxicity

1. Since September 2016, all individuals in South Africa (SA) who are diagnosed as HIV-positive are immediately eligible for antiretroviral therapy (ART), regardless of CD4+ count.

The current aetiology of malignant pleural effusion in the Western Cape Province, South Africa

2. Malignant pleural effusion may complicate most malignancies.
3. Lung and breast cancer are uncommon causes of malignant pleural effusions.

Blood and virus detection on barber clippers

4. Human scalp hair varies significantly in curvature, and individuals of African ancestry have hair with the tightest curl.

Antibiotic prescribing practice and adherence to guidelines in primary care in the Cape Town Metro District, South Africa

5. Globally 700 000 people currently die each year from drug-resistant infections.
6. Antibiotic resistance in an individual patient is evident for 1 month following an antibiotic course and can last for up to 12 months.
7. Eighty percent of antibiotics prescribed for human use are in primary care.

The usefulness of routine histological examination of appendectomy specimens in a South African tertiary centre

8. The lifetime risk of developing appendicitis is 8.6% and 6.7% in males and females, respectively.

Potential latitudinal variation in orodigestive tract cancers in Africa

9. Cancer mortality is relatively high in blacks owing to factors such as population-specific high incidences of cancer, late stage at diagnosis and poor survival profiles.
10. A latitudinal relationship has been found between the typical diet in the Mediterranean region (high olive oil consumption) and a low risk of development of myocardial infarction.

CME

Elevated triglycerides: A matter of the heart and pancreas

11. Mild-to-moderate hypertriglyceridaemia (triglyceride (TG) >1.7 - 10.0 mmol/L) is an independent cardiovascular risk factor, while severe hypertriglyceridaemia (TG >10.0 mmol/L) can cause acute pancreatitis.
12. The two most important clinical consequences of hypertriglyceridaemia are acute pancreatitis and atherosclerotic cardiovascular disease (CVD).
13. When and if pancreatitis will occur in an individual patient is quite unpredictable – some patients may have TG levels of >100.0 mmol/L and no symptoms, while others develop pancreatitis at much lower TG levels.
14. Mild-to-moderate hypertriglyceridaemia is generally only identified on laboratory testing.

Novel approaches to lipid-lowering therapy

15. It is clinically useful to demarcate hypercholesterolaemia from hypertriglyceridaemia, with an increased serum low-density lipoprotein (LDL) cholesterol being the most powerful predictor of CVD morbidity and mortality, and a significant elevation in TG levels, increasing the risk of acute pancreatitis.
16. When managing dyslipidaemia, it is clinically useful to separate hyperlipidaemia into two main categories, i.e. hypertriglyceridaemia and hypercholesterolaemia, particularly an increase in serum LDL cholesterol concentrations.
17. If diet and lifestyle advice does not lower LDL cholesterol sufficiently, the current mainstay of treatment of elevated LDL cholesterol are the 3-hydroxy 3-methylglutaryl co-enzyme A (HMG-CoA) reductase inhibitors or statins

Laboratory investigations in lipidology

18. Lipids are transported as lipoproteins.
19. Cholesterol is vital to animal cell membranes, functions in signalling during embryogenesis, and is the substrate for steroid hormone and bile acid synthesis.
20. Most lipidological investigation assesses CVD risk and monitors treatment response.

Readers please note: Articles may appear in summary/abstract form in the print edition of the Journal, with the full article available online at www.samj.org.za

A maximum of 3 CEUs will be awarded per correctly completed test.

INSTRUCTIONS

1. Read the journal. All the answers will be found there, in print or online.
2. Go to www.mpconsulting.co.za to answer the questions.

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