

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

Please note: The change in CPD question format comes from the accreditation bodies, who have informed us that CPD questionnaires must consist of a minimum of 5 questions, 80% of which should be MCQs with a minimum of 4 options and only 20% of which may now be in the form of 'True or false' answers.

MCQs may be of 'single correct answer' or 'multiple correct answer' format. Where the question states that more than one answer is correct, mark more than one of a, b, c or d (anything from two to all answers may be correct). For example, in Question 1, if you think that a and c are correct (note that these are not necessarily the correct answers), mark each of these on the answer form. Where the question states that only one answer is correct (there are none of these this month), mark the single answer that you think is correct.

1. Genetic testing approaches for hereditary breast cancer:

Perspectives from a private diagnostic laboratory

Regarding genetic testing approaches for hereditary breast cancer (more than one answer is correct):

- Breast cancer is highly prevalent in South Africa (SA), and up to 10% of breast cancer cases may be hereditary.
- Breast cancer is the most common malignancy in SA women, accounting for ~22% of local cancer cases.
- The American Society of Breast Surgeons recommends that genetic testing be made available to all patients with a personal history of breast cancer.
- A breast cancer diagnosis in patients diagnosed at >65 years without a significant family history of relevant cancers has a high probability of yielding results with clinical utility.

2. Cannabis legalisation and testing for cannabis use in safety- and risk-sensitive environments

Regarding cannabis legalisation and testing (more than one answer is correct):

- Cannabis use, possession, and cultivation by an adult for private use in a *private dwelling* were legalised in SA in a ground-breaking High Court decision.
- The concept of 'private dwelling' was not extended to 'in private'.
- The legalisation in effect confirmed that cannabis users should enjoy equal protection and benefit of the law, including the enjoyment of rights and freedom.
- The Constitution also holds that foreign law may be considered when interpreting the Bill of Rights, allowing for the consideration of legislation of other countries to assist with decisions locally.

3. Epidemiology of inflammatory bowel disease in sub-Saharan Africa: A review of the current status

- The incidence of inflammatory bowel disease has increased over time in newly industrialised nations across Asia, North Africa and South America. (True/false)

4. The effectiveness of a corporate exercise intervention programme on cardiovascular risk profile, fitness and productivity

Regarding the effect of corporate exercise intervention programmes on cardiovascular risk profile, fitness and productivity (more than one answer is correct):

- Cardiorespiratory fitness (CRF) has been shown to be an independent risk factor for cardiovascular disease (CVD) and all-cause mortality.
- Increases in CRF level decreased all-cause and CVD mortality.
- Changes in percentage body fat or body weight have significant effects on all-cause and CVD mortality.
- The corporate exercise intervention programme increased productivity by reducing absenteeism and presenteeism.

5. Uptake and acceptability of medical male circumcision (MMC) among young males in two culturally distinct settings in SA

Regarding uptake and acceptability of MMC (more than one answer is correct):

- Estimates suggest that 36% of all heterosexual transmission of HIV occurs in the 15 - 24-year age group.
- Men use diagnostic and prevention services less than women and are less likely to be in HIV care.
- Men have lower levels of HIV-related mortality than women.
- MMC, defined as complete surgical removal of the foreskin, was found to reduce HIV incidence in heterosexual men by 60% in SA and Kenya, and by 67% in Uganda.

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

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

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