SAMJ QUESTIONS SEPTEMBER 2012

CPD questionnaires must be completed online via www.cpdjournals.co.za
After submission you can check the answers and print your certificate.

1. TRUE (A) OR FALSE (B):
Measles vaccination has reduced the global measles disease burden.

2. TRUE (A) OR FALSE (B):
Measles outbreaks can occur when inadequate vaccination coverage allows accumulation of a sufficient number of susceptible individuals in a community.

3. TRUE (A) OR FALSE (B):
Case fatalities in measles can range from 0.1% in developed countries to 30% in refugee populations.

4. TRUE (A) OR FALSE (B):
HIV infection provides a protection against measles.

5. TRUE (A) OR FALSE (B):
HIV/AIDS causes many more deaths in people aged 5 - 29 years than road traffic injuries (RTIs).

6. TRUE (A) OR FALSE (B):
Graduated driver licencing (GDL) is a three-phase licensing system for novice drivers consisting of a learner's permit, a provisional license, and a full license.

7. TRUE (A) OR FALSE (B):
In a study in the Western Cape, males accounted for 80% of RTI deaths.

8. TRUE (A) OR FALSE (B):
The above study found increasing RTI age-specific mortality rates and risks of death with increasing age among drivers.

9. TRUE (A) OR FALSE (B):
Inexperience and immaturity of novice drivers exposes other road users to increased risk of traffic-related injuries.

10. TRUE (A) OR FALSE (B):
Excessive carbohydrate intake, particularly refined carbohydrates in sugary drinks and snacks, is behind the global epidemic of overweight, obesity and type 2 diabetes mellitus.

11. TRUE (A) OR FALSE (B):
Risk factors for atherosclerosis include hypertension, diabetes and cigarette smoking.

12. TRUE (A) OR FALSE (B):
Small dense low-density lipoprotein cholesterol (LDL-C) particles are thought to be less atherogenic than the above risk factors.

13. TRUE (A) OR FALSE (B):
Studies have shown that the more LDL-C is lowered, the lower the coronary artery disease risk.

14. TRUE (A) OR FALSE (B):
Long-duration weight loss programmes have shown that diet adherence, length of intervention, and level of calorie restriction are more important than adherence to a very low carbohydrate regime.

15. TRUE (A) OR FALSE (B):
Weight loss does not improve atherogenic dyslipidaemia and insulin resistance that occurs concomitantly with abdominal obesity.

16. TRUE (A) OR FALSE (B):
Trans-fatty acids raise total cholesterol (TC) and LDL-C, have pro-inflammatory effects, and contribute to endothelial dysfunction.

17. TRUE (A) OR FALSE (B):
After HIV and ischaemic heart disease, stroke is the third-leading cause of death in South Africa.

18. TRUE (A) OR FALSE (B):
Diets in South Africa are very low in salt intake.

19. TRUE (A) OR FALSE (B):
Salt affects blood pressure via a linear association.

20. TRUE (A) OR FALSE (B):
Bread in South Africa contributes 25 - 40% of sodium intake.

INSTRUCTIONS

1. Read the journal. All the answers will be found there.
2. Go to www.cpdjournals.co.za to answer the questions.

Accreditation number: MDB001/033/10/2011 (Clinical)