

CPD questionnaires must be completed online via [www.cpdjournals.co.za](http://www.cpdjournals.co.za)  
After submission you can check the answers and print your certificate.

True (A) or false (B):

#### Tobacco control, smoking and e-cigarettes

1. Cigarettes kill over 6 million people each year – almost twice that from HIV and tuberculosis (TB) combined.
2. Smokers have an increased risk of cancer of the lung, larynx and bladder.
3. Smoking is strongly associated with lower respiratory tract infection.
4. Up to one-third of all male deaths in South African (SA) adults over the age of 35 years have been attributed to tobacco use.
5. There is good evidence that e-cigarettes are effective aids to smoking cessation through reducing the number of cigarettes smoked.
6. A disadvantage of e-cigarettes is that they are associated with side-stream smoking – affecting bystanders who are forced to smoke passively.
7. The Swedish experience with smokeless 'snus' is proof-of-concept that disease risk can be massively reduced through use of different nicotine delivery systems.

#### Hookah pipe smoking among health sciences students

8. Inhaled *hookah* smoke contains toxic compounds (such as nicotine, carbon monoxide, formaldehyde, polyaromatic hydrocarbons, arsenic and lead).
9. While the SA Tobacco Control policy prohibits tobacco smoking in public spaces, such prohibition does not explicitly extend to *hookah* pipe smoking.

#### Prevalence, risk factors and risk perception of TB infection among medical students and healthcare workers in Johannesburg, SA

10. Positive tuberculin skin test (TST) prevalence among SA medical students at the end of their theoretical training stands at ~30%.
11. The World Health Organization (WHO) strongly recommends that interferon gamma release assays should be used in preference to TST for occupational screening in high-burden settings such as SA.

#### The effects of obesity, smoking, and excessive alcohol intake on healthcare expenditure in a comprehensive medical scheme

12. Obesity rates are increasing rapidly among SA adolescents, setting the stage for an increase in obesity-related chronic conditions over the following decades.
13. Obesity and tobacco use are associated with significantly increased healthcare expenditure.
14. Compared with individuals in the normal or overweight range, severely obese individuals used  $\geq 23\%$ , and moderately obese individuals 11% more medical services.

#### Low-carbohydrate and high-fat intake can manage obesity and associated conditions

15. Following adoption of a low-carbohydrate, high-fat eating plan (the 'Noakes diet'), 127 individuals enjoyed an average weight loss of 15 kg.
16. While many enjoyed improved control of their diabetes and hypertension, several developed symptoms of irritable bowel syndrome.

#### Food security: The optimal diet for people and the planet

17. One in five SA children is so poorly nourished that they risk performing poorly in school, with the result that they will suffer a 10% reduction earning potential through the course of their life.

#### Road traffic crashes (RTCs) in SA

18. High-risk behaviours that include speeding, alcohol intoxication, failure to wear seatbelts and overloading of vehicles are the predominant causative factor in RTCs in SA.

#### Raising the CD4<sup>+</sup> initiation threshold

19. In SA, the number of people newly-infected with HIV each year has risen steadily over the last decade.
20. The WHO has recently advocated raising the CD4<sup>+</sup> count threshold to initiate antiretroviral therapy for adults with HIV to 500 cells/ $\mu$ l from the current 350 cells/ $\mu$ l, which has the potential to offer protection against activation of TB.

A maximum of 5 CEUs will be awarded per correctly completed test.

### INSTRUCTIONS

1. Read the journal. All the answers will be found there.
2. Go to [www.cpdjournals.co.za](http://www.cpdjournals.co.za) to answer the questions.

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