

Effective in 2014, the CPD programme for SAMJ will be administered by Medical Practice Consulting:
CPD questionnaires must be completed online at www.mpconsulting.co.za

True (A) or false (B):

Non-communicable diseases in South Africa

1. The losses to South Africa's gross domestic product from diabetes, stroke and coronary heart disease between 2006 and 2015 are estimated at US\$1.88 billion.
2. Mandatory salt regulations, beginning in 2016, will save 6 400 lives from stroke and 4 300 from non-fatal stroke, and cut hospitalisation costs by ZAR300 million annually.
3. The proportion of years of life lost due to non-communicable diseases is highest in the rural areas.

Preventing diabetic blindness, and quality assurance in diabetic retinal screening

4. About 55% of people with diabetes are likely to suffer from diabetic retinopathy (DR).
5. DR is an important biomarker for microvascular disease.
6. Direct ophthalmoscopy has low sensitivity, and is unpopular with patients as it requires their pupils to be dilated.
7. Fundus photography rather than direct ophthalmoscopy is likely to become the standard of care for DR (and smart-phone technology is now being tested for screening for DR using mobile phones).

Look before you strip varicose veins

8. Lower limb varicosities can arise from 'reverse' venous flow from inferior vena cava obstruction, and cursory physical examination in such cases may result in underlying pathology being overlooked or misdiagnosed.

The influence of glucocorticoids on lipid and lipoprotein metabolism and atherosclerosis

9. Patients managed with glucocorticoids should have their cardiovascular risk assessed, especially if long-term treatment is planned, with special attention given to management of dyslipidaemia.

Meeting adolescents' sexual and reproductive health needs

10. There are strong associations of high HIV rates with high incidences of sexually transmitted infections and high rates of unplanned teenage pregnancy.

Aetiopathogenesis of atopic dermatitis

11. Atopic dermatitis is not one single disease, but rather an aggregation of several diseases with certain clinical characteristics in common.
12. The morphology, distribution and evolution of eczema/dermatitis in atopic eczema/dermatitis are highly characteristic and age dependent.

Epidemiology of atopic dermatitis

13. Few adults suffer from atopic dermatitis.
14. Up to 60% of cases of atopic dermatitis clear spontaneously by puberty.

Diagnosis of atopic dermatitis: From bedside to laboratory

15. Total IgE levels are normal in about half of cases of atopic dermatitis.
16. Skin biopsy is essential to the diagnosis of atopic dermatitis.

Education and specialist referral of patients with atopic dermatitis

17. Inadequate itch control is a reason for referral.

Non-pharmacological treatment modalities for atopic dermatitis

18. Non-pharmacological treatments are at least as important as pharmacological treatments in atopic dermatitis.

Topical and systemic pharmacological treatment of atopic dermatitis

19. Topical corticosteroids continue to be the mainstay of atopic dermatitis treatment.
20. Clinical trial data have proved that pimecrolimus reduces the incidence of flares and has a significant effect on reducing pruritus.

CPD questions include articles from CME.

The full versions of each article can be found on the SAMJ website (<http://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.
2. Go to www.mpconsulting.co.za to answer the questions.

Accreditation number: MDB001/007/01/2014 (Clinical)

