

CME Test Questions

MANAGEMENT AND PREVENTION OF GLUCOSE DYSREGULATION

1. Which of the following is *not* descriptive of insulin resistance (IR)?
 - a. Diminished ability of insulin to stimulate glucose disposal by target tissues
 - b. Increased insulin production by pancreatic β -cells
 - c. Elevated blood glucose levels related to declining insulin secretion from the pancreas
 - d. None of the above

2. What is the upper limit of normal for fasting plasma glucose (FPG)?
 - a. 100 mg/dL
 - b. 110 mg/dL
 - c. 125 mg/dL
 - d. 140 mg/dL

3. The Finnish Diabetes Prevention Study (DPS) _____
 - a. examined the effects of the Dietary Approaches to Stop Hypertension (DASH) diet
 - b. evaluated the effects of lifestyle intervention
 - c. confirmed the benefits of a Mediterranean diet
 - d. evaluated the benefits of a high-carbohydrate, low-fat diet

4. Which of the following diets produced dramatic weight loss in clinical trials and is likely the best for long-term weight loss?
 - a. Atkins
 - b. Zone
 - c. Lifestyle, Exercise, Attitudes, Relationships, and Nutrition (LEARN)
 - d. None of the above

5. Which of the following is true?
 - a. Most antidiabetic agents are also effective weight loss agents and are recommended as first-line treatment of prevention of type 2 diabetes.
 - b. Lifestyle modification is the primary treatment option for preventing type 2 diabetes.
 - c. The first approach for patients with type 2 diabetes is lifestyle modification plus pharmacotherapy.
 - d. None of the above.

6. The pharmacodynamic effects of insulin include all of the following *except* _____.
 - a. vasodilation
 - b. inhibition of platelet aggregation
 - c. stimulation of glucose uptake in skeletal muscle
 - d. inhibition of glucose release in the liver

7. Excess free fatty acids (FFAs) reduce oxidative stress and deactivate the processes that exacerbate the development of IR.
 - a. True
 - b. False

8. Which of the following conditions may cause IR?
 - a. Polycystic ovary disease
 - b. Autoantibodies to the insulin receptor
 - c. Obesity/overweight
 - d. Mutations of the insulin receptor
 - e. All the above

9. IR and type 2 diabetes are associated with an overproduction of _____.
 - a. proinflammatory cytokines
 - b. anti-inflammatory cytokines
 - c. acute-phase proteins
 - d. none of the above

10. Which of the following are clinical consequences of IR?
 - a. Hypertension and cardiovascular disease
 - b. Dyslipidemia and metabolic disturbances
 - c. Hyperglycemia-induced tissue damage
 - d. b and c
 - e. All of the above

11. An increase in glycosylated hemoglobin (A1C) levels was found to be associated with what effect on coronary heart disease (CHD) in patients with type 2 diabetes?

- a. No effect on incidence of CHD.
- b. A decrease in incidence.
- c. An increase in incidence.

12. The A1C level recommended by the American Diabetes Association (ADA) is _____.

- a. 4% to 6%
- b. <6.5%
- c. <7%
- d. 7% to 9%
- e. >10%

13. Which of the following oral antidiabetic agents is *not* associated with weight gain?

- a. Metformin
- b. Sulfonylureas
- c. Thiazolidinediones (TZDs)
- d. Rimonabant

14. Which endocannabinoid receptor is associated with energy metabolism?

- a. CB1
- b. CB2
- c. Both CB1 and CB2
- d. Neither CB1 nor CB2

15. The most effective approach to achieving glyce- mic control is a simple regimen of daily exercise.

- a. True
- b. False

CME Test Answer Sheet and Evaluation Form for **MANAGEMENT AND PREVENTION OF GLUCOSE DYSREGULATION**

Volume 8, Supplement 7

Release Date of Activity: August 2007

Expiration Date of Activity for AMA/PRA Credit: August 31, 2009

Estimated Time to Complete this Activity: 3.5 hours

Get instant CME credit(s). Complete your test online and download your certificate now!

Log on to: www.elseviercme.com/getcme/270327

Please Print

Name: _____ Specialty: _____

Degree: MD DO PharmD RPh NP RN BS PA Other: _____

Affiliation: _____

Street: _____

City: _____ State: _____ Zip: _____

Telephone: _____ Fax: _____

E-mail: _____ Signature: _____

(All information is confidential.)

CME Credit Verification

I verify that I have spent ____ hour(s)/ ____ minutes of actual time working on this CME activity.

No more than 3.5 CME credits will be issued for this activity.

PRETEST ASSESSMENT: Please rate your current knowledge of glucose dysregulation on a scale of 1 to 5, with 1 being the lowest and 5 the highest.

1 2 3 4 5

CME TEST

(Please circle correct answers.)

- | | | | | |
|------------|------------|--------------|---------------|-------------|
| 1. a b c d | 4. a b c d | 7. a b | 10. a b c d e | 13. a b c d |
| 2. a b c d | 5. a b c d | 8. a b c d e | 11. a b c | 14. a b c d |
| 3. a b c d | 6. a b c d | 9. a b c d | 12. a b c d e | 15. a b |

COURSE EVALUATION: Please evaluate the effectiveness of this activity by circling your choice on a scale of 1 to 5, with 1 being the lowest and 5 the highest.

1. How well did this publication describe the underlying aspects of glucose dysregulation, including hyperglycemia and insulin resistance (IR), and their association with obesity? **1 2 3 4 5**
2. How well did this publication identify the characteristics of IR and how it is linked to the various aspects of cardiovascular disease (CVD)? **1 2 3 4 5**
3. How well did this publication describe the condition of prediabetes and its association with risk factors for CVD? **1 2 3 4 5**
4. How well did this publication explain the effect of improving glycemic control on the multiple risk factors for CVD? **1 2 3 4 5**



5. How do you rate the overall quality of the activity? **1 2 3 4 5**
6. How do you rate the educational content of the activity? **1 2 3 4 5**
7. Was the material presented in this publication fair, objective, balanced, and free of bias in the discussion of any commercial product or service? Yes No
If no, please comment: _____

8. Suggested topics for future activities:

9. Suggested authors for future activities:

10. After reading this publication, have you decided to change one or more aspects in the treatment of your patients? Yes No
If yes, what changes will you make? _____

If no, why not? _____

11. Would you be willing to participate in postactivity follow-up surveys? Yes No
12. Would you be willing to participate in a phone, e-mail, or in-person discussion exploring ways to improve our CME activities? Yes No

The EOCME thanks you for your participation in this CME activity. All information provided improves the scope and purpose of our programs and your patients' care.

CME INSTRUCTIONS

Log on to **www.elseviercme.com/getcme/270327**.

This supplement to *Clinical Cornerstone* provides 3.5 free AMA PRA Category 1 Credits™. Log on to the above URL to print your certificate now, or forward the Test Answer Sheet and Evaluation Form to the address shown below.

**Elsevier Office of Continuing Medical Education
Department 270327
685 Route 202/206
Bridgewater, NJ 08807**

Please allow 6 to 8 weeks for processing. A photocopy of this form is acceptable.
(Refer to pages S2–S4 for CME Information.)

Responses for AMA PRA credit must be submitted by August 31, 2009.

