

# JEMDSA

Journal of Endocrinology, Metabolism and Diabetes of South Africa

JEMDSA 2021 Volume 26 Number 1

Please answer the following questionnaire online.

SEMDSA and other Society members:

1. Visit our new CPD portal at <https://www.mpconsulting.co.za/>
2. Create a new account and set your CPD requirements.
3. Not a new user? You may have been registered with the following details: username: e-mail address and password: MP+0+6digits (e.g. MP0123456). All records from the previous system have now been moved to the new platform.
4. For CPD assistance please phone 086 1111 335

**1. The following statements concerning primary hyperparathyroidism and bone disease are correct, except which one?**

- a. Women are affected more than men.
- b. Bone disease is often asymptomatic.
- c. Bone resorption predominates over bone formation.
- d. Trabecular involvement is more common than cortical involvement.
- e. Osteitis fibrosa cystica indicates severe hyperparathyroidism.

**2. Osteoporotic vertebral fractures in a South African cohort of patients yielded the following findings – which one is incorrect?**

- a. Most patients manifested a single vertebral fracture.
- b. The most common fracture sites were T11, T12, and L1.
- c. The highest prevalence of vertebral fractures occurred in patients above 80 years of age.
- d. African women had a significantly lower prevalence of fractures than Indian women.
- e. Low bone mineral density was a significant risk factor for vertebral fractures.

**3. The following statements concerning thyrotoxicosis and hyperemesis gravidarum are correct, except which one?**

- a. Hyperemesis usually resolves after the first trimester.
- b. Excess serum TSH is the usual cause.
- c. Excess HCG is the usual cause.
- d. TSH receptor sensitivity is evident.
- e. Severe dehydration requiring admission occurs in less than 1% of patients.

**4. The following statements concerning the association of succinate dehydrogenase (SDH) deficiency and pheochromocytomas/paragangliomas are correct, except which one?**

- a. Loss of SDH immunohistochemical staining indicates a germline mutation.
- b. Loss of SDH staining occurs in elderly patients (> 65 years) with pheochromocytoma.
- c. Loss of SDH staining indicates familial disease.
- d. Loss of SDH staining indicates malignant potential.
- e. Loss of SDH staining indicates mitochondrial dysfunction.

**5. A South African randomised, community-based, face-to-face, peer-support intervention programme in adults with type 2 diabetes mellitus yielded the following outcomes – which one is correct?**

- a. Significant reduction in HbA1c.
- b. Significant reduction in BMI.
- c. Significant reduction in waist circumference.
- d. Significant reduction in systolic BP.
- e. Significant reduction in diastolic BP.

**6. A meta-analysis concerning acute, high-intensity, single-bout exercise and improved glucose control in patients with diabetes indicated the following, except which one?**

- a. Glucose control is improved for 24 hours following exercise.
- b. Aerobic training is superior to resistance training.
- c. Resistance training is superior to no training.
- d. Interval walking reduced insulin levels better than continuous walking.
- e. Submaximal continuous aerobic training is better than interval, high-intensity training.