

1. Which of the following patients most warrants screening for hypothyroidism?

Answer: An elderly female with recent onset of mental dysfunction

2. Reed-Sternberg B lymphocytes are associated with which of the following disorders:

Answer: Hodgkin's lymphoma

3. A patient presents with classic symptoms of gastroesophageal reflux disease (GERD). He is instructed on life style modifications and drug therapy for 8 weeks. Three months later he returns, reporting that he was "fine" as long as he took the medication. The most appropriate next step is:

Answer: investigation with endoscopy, manometry, and/or pH testing

4. Microalbuminuria is a measure of:

Answer: Protein lost into the urine

5. After thorough history, physical examination, and laboratory tests, a patient is diagnosed with irritable bowel syndrome (IBS). Which of the following initial treatment plans is currently considered most effective?

Answer: A low fat, tyramine-free, caffeine-free, high fiber diet, along with a daily diary, and attention to psychosocial factors.

6. Steve, age 69, has gastroesophageal reflux disease (GERD). When teaching him how to reduce his lower esophageal sphincter pressure, which substances do you recommend that he avoid?

Answer: Peppermint

7. The National Cholesterol Education Program's Adult Treatment Panel III recommends that the goal for low density lipoproteins in high risk patients be less than:

Answer: 100 mg/dl

8. The most commonly recommended method for prostate cancer screening in a 55 year old male is:

Answer: Digital rectal examination (DRE) plus prostate specific antigen (PSA)

9. John, age 33, has a total cholesterol level of 188 mg/dL. How often should he be screened for hypercholesterolemia?

Answer: every 5 years

10. What is the most common cause of Cushing's syndrome?