



CME POST-TEST

All post-tests must be completed and submitted online.

EXPIRATION DATE: OCTOBER 2022

Earn Category I CME Credit by reading both CME articles in this issue, reviewing the post-test, then taking the online test at <http://cme.aapa.org>. Successful completion is defined as a cumulative score of at least 70% correct. This material has been reviewed and is approved for 1 hour of clinical Category I (Preapproved) CME credit by the AAPA.

POLYCYSTIC OVARY SYNDROME

- Which of the following is necessary to diagnose an adolescent with PCOS according to the ICPE Consensus Statement?
 - Ultrasound evidence of polycystic ovaries
 - Obesity
 - Elevated levels of LH
 - Menstrual irregularities persistent 2 years after menarche
- According to the PES international consensus statement, which of the following is supportive of a diagnosis of PCOS in a patient with irregular menses after excluding other causes?
 - Elevated DHEAS
 - Elevated 17-hydroxyprogesterone levels
 - Elevated total and/or free testosterone levels
 - Presence of moderate to severe acne without the need for laboratory testing
- PCOS is a diagnosis of exclusion. Which of tests need to be performed to help rule out non-classic congenital adrenal hyperplasia, which can mimic its presentation?
 - free and total testosterone
 - SHBG
 - 17-hydroxyprogesterone
 - androstenedione
- A 16-year-old girl with a history of normal puberty and menarche at age 12 years was recently diagnosed with PCOS after reporting 3 years of irregular menses, uncontrolled acne, and presence of elevated free testosterone levels on laboratory examination. Other causes, including pregnancy, have been ruled out. Patient states she is most concerned about her weight and acne. Her BMI is 38 kg/m², BP is 140/90 mm Hg and A1C is 5.9%. According to guidance from the ICPE Consensus Statement, which is the most appropriate recommendation for initial treatment in addition to lifestyle modifications?
 - Spironolactone with starting dose of 25 mg twice a day
 - Combination of metformin and combine oral contraceptive pills
 - Combined oral contraceptive pills alone
 - Lifestyle modifications only until patient loses 5% of her current body weight
- Based on current guidelines from the ICPE consensus statement, which of the following is an appropriate recommendation for long-term management of PCOS in adolescents?
 - Routine screening for diabetes
 - Annual pelvic ultrasound after age 16 years to assess fertility
 - Annual transvaginal ultrasound 8 years post-menarche to screen for endometrial cancer
 - Minimize use of combine oral contraceptive pills to preserve fertility

HYPERTROPHIC CARDIOMYOPATHY

- Which is the most likely cause of HCM?
 - autosomal dominant inheritance
 - autosomal recessive inheritance
 - X-linked recessive inheritance
 - X-linked dominant inheritance
- Which of the following is a risk factor for HCM?
 - trauma
 - sexually transmitted infections
 - meningitis
 - family history
- What is the preferred method of diagnosing HCM?
 - arterial blood gas
 - cardiac MRI
 - echocardiogram
 - myocardial biopsy
- Which of the following is considered a mainstay treatment of HCM?
 - beta-blockers
 - diuretics
 - heart transplant
 - percutaneous cardiac intervention
- Late diagnosis of HCM can lead to which complication?
 - aortic valve stenosis
 - mitral valve regurgitation
 - myocarditis
 - restrictive cardiomyopathy