

# DIALOGUES

## I N C O N T R A C E P T I O N <sup>TM</sup>



### Post-Test

The following Post-Test contains 10 multiple-choice questions based on information contained in the *Dialogues in Contraception*<sup>TM</sup>, Volume 8, Number 1, newsletter. It is designed to enable practitioners to assess the knowledge they have gained from the newsletter and to identify areas for further study.

On the Answer Sheet, fill in all identifying information requested. Complete the Answer Sheet by circling, in each case, the one response that most accurately answers the question.

- Each of the three newest oral contraceptive (OC) formulations contains one of the progestins listed in group:
  - levonorgestrel, norgestrel, norethindrone
  - norethindrone acetate, gestodene, desogestrel
  - desogestrel, norgestimate, drospirenone
  - norgestimate, norethindrone acetate, medroxyprogesterone acetate
- The annual *absolute* risk of venous thromboembolism with use of OCs as a class is:
  - 1 event per 10,000 women
  - 3 events per 10,000 women
  - 6 events per 10,000 women
  - 10 events per 10,000 women
- A case-control study of ovarian cancer risk showed that, compared with OC nonuse, OC use is associated with:
  - 20% increase in risk
  - similar risk
  - 10% decreased risk only during current OC use
  - 50% reduced risk for up to 30 years after use
- A substantial body of evidence concerning body weight indicates that use of OCs, including newer formulations:
  - increases body weight from baseline an average 10 pounds per year of use
  - has little or no effect on body weight compared with placebo
  - causes decreasing body weight with increasing duration of use
  - significantly increases body weight only in smokers
- Compared with users of a monophasic NETA/EE 20 mcg formulation, users of the triphasic NGM/EE 25 mcg OC:
  - did not significantly differ in any cycle-control parameter
  - experienced significantly less frequent breakthrough bleeding and spotting for most cycles
  - reported significantly higher incidence of amenorrhea
  - experienced more frequent breakthrough spotting only in Cycle 4
- In the management of severe premenstrual symptomatology, which of the following is considered first-line treatment?
  - OCs
  - selective serotonin reuptake inhibitors
  - nonsteroidal anti-inflammatory agents
  - corticosteroids
- Discontinuation of OCs during the first year of use has been reported to be as high as:
  - 20%
  - 40%
  - 60%
  - 80%
- Compared with OCs, nonoral hormonal contraceptive methods:
  - are longer-acting
  - provide equally stable serum concentrations of hormones
  - are more user-dependent
  - do not require regimen adherence
- In studies of the vaginal ring, irregular bleeding occurred in approximately:
  - 5% of cycles
  - 10% of cycles
  - 15% of cycles
  - 20% of cycles
- Which of the following is *not* a component of good contraceptive counseling?
  - thorough and accurate history-taking
  - providing educational pamphlets, brochures, and posters
  - dispensing contraceptive instruction during the physical examination
  - discussing newly available methods regardless of women's satisfaction with their current methods

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### Post-Test Answer Sheet

- |    |   |   |   |   |     |   |   |   |   |
|----|---|---|---|---|-----|---|---|---|---|
| 1. | a | b | c | d | 6.  | a | b | c | d |
| 2. | a | b | c | d | 7.  | a | b | c | d |
| 3. | a | b | c | d | 8.  | a | b | c | d |
| 4. | a | b | c | d | 9.  | a | b | c | d |
| 5. | a | b | c | d | 10. | a | b | c | d |

### CME or Nursing Contact Hour Enrollment

(PRINT)  
NAME \_\_\_\_\_ DEGREE \_\_\_\_\_  
FIRST LAST

SS# \_\_\_\_\_ TELEPHONE NUMBER \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

SPECIALTY \_\_\_\_\_ E-MAIL \_\_\_\_\_

#### METHOD OF PAYMENT

- Check (payable to USC or NPWH)  
 Credit Card

Visa/MasterCard # \_\_\_\_\_ Expiration Date \_\_\_\_\_

Authorized Signature \_\_\_\_\_ Amount \$ \_\_\_\_\_

To receive CME credit, please mail payment of \$15.00 or credit card information and this Answer Sheet to:

The Associate Dean, Office of Continuing Education, Keck School of Medicine of the University of Southern California  
1975 Zonal Avenue, KAM 317, Los Angeles, CA 90033-1039  
(323) 442-2555 or (800) USC-1119 – FAX (323) 442-2152 (for credit card payment only)

To receive nursing contact hours, please mail payment of \$15.00 or credit card information and this Answer Sheet to:

National Association of Nurse Practitioners in Women's Health  
503 Capitol Court NE, Suite 300, Washington, DC 20002  
(202) 543-9693 – FAX (202) 543-9858 (for credit card payment only)