

DIALOGUES

I N C O N T R A C E P T I O N TM



Post-Test

The following Post-Test contains 10 multiple-choice questions based on information contained in the *Dialogues in Contraception*TM, Volume 8, Number 2, 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.

- The latest National Health and Nutrition Examination Survey indicates that the proportion of the US adult population that is overweight or obese is:
 - 24%
 - 44%
 - 64%
 - 84%
- An independent assessment of health risk in women is provided by a waist circumference of greater than:
 - 20 inches
 - 25 inches
 - 30 inches
 - 35 inches
- Obesity is an independent risk factor for all of the following *except*:
 - type 2 diabetes
 - cervical neoplasia
 - coronary heart disease
 - venous thrombosis and embolism (VTE)
- The Nurses' Health Studies I and II found that, compared with OC never-users, risk of developing type 2 diabetes in current OC users was:
 - increased in obese but not in overweight OC users
 - not increased in OC users regardless of body mass index (BMI) categories
 - decreased in OC users who were neither obese nor overweight
 - decreased in all OC users
- In a randomized trial of an OC and the transdermal patch for six or 13 cycles, mean body weight compared with baseline:
 - increased significantly in OC users only
 - decreased nonsignificantly in both treatment groups
 - increased by only 0.41 kg in both treatment groups
 - decreased in patch users only
- While polycystic ovarian syndrome (PCOS) affects 5% to 10% of reproductive-age women, what proportion of women who undergo ovarian ultrasound are found to have polycystic ovaries?
 - 10% to 20%
 - 20% to 30%
 - 30% to 40%
 - 40% to 50%
- It has been estimated that PCOS-related insulin resistance (IR) is the cause of what percentage of cases of glucose intolerance in premenopausal women?
 - 5%
 - 10%
 - 15%
 - 20%
- Improving insulin sensitivity is associated with all of the following *except*:
 - decreased androgen levels
 - ovulation induction
 - decreased nephritis
 - greater glucose tolerance
- Which of the following is *not* an effect of combination OCs containing a low-androgenic progestin (norgestimate [NGM], desogestrel [DSG], drospirenone [DRSP]) in the treatment of PCOS?
 - regularization of menses
 - inhibition of endometrial proliferation
 - reduction of circulating levels of free testosterone
 - improvement of glycemic control
- In a 9-year follow-up study of women who had undergone laparoscopic ovarian drilling to induce ovulation, what percentage conceived spontaneously during follow-up?
 - 41%
 - 51%
 - 61%
 - 71%

DIALOGUES

I N C O N T R A C E P T I O N TM



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)