

Cardiometabolic Risk Factors: Hitting the Targets

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CME Test Questions

- 1) Of the following conditions, which is considered to be a risk factor for the development of diabetes and cardiovascular disease:
 - a. Hypertension
 - b. Central adiposity
 - c. Insulin resistance
 - d. Dyslipidemia
 - e. All of the above

- 2) Blocking the endocannabinoid system receptor CB1 has been shown to decrease body weight and lipogenesis and improve lipid profiles and insulin sensitivity.
 - a. True
 - b. False

- 3) A 57 year old male presents to your office for a new patient visit. He takes hydrochlorothiazide. On labs, his fasting plasma glucose is 116 mg/dL, his LDL is 128 mg/dL, and his triglycerides are 175 mg/dL. Does he meet criteria for metabolic syndrome?
 - a. Yes
 - b. No

- 4) Among African Americans and Mexican Americans, the prevalence of the metabolic syndrome is higher in men than in women.
 - a. True
 - b. False

- 5) A 49 year old female presents to your office for routine follow-up. Her BMI is 32 kg/m². She states that she would like to lose weight but does not know how much. Based on the AHA/NHLBI Clinical Guidelines on obesity, you recommend that she:
- Lose weight until her BMI is less than 22 kg/m²
 - Lose 7-10% of her current body weight over the next 12 months
 - Lose weight until she reaches her ideal body weight
 - Not lose weight
- 6) Patients with diabetes should meet which of the following therapeutic goals?
- LDL less than 100 mg/dL
 - Blood pressure less than 130/80 mmHg
 - Triglycerides less than 150 mg/dL
 - Hemoglobin A1C less than 7.0%
 - All of the above
- 7) In the Women's Health study, the lipid abnormality most highly predictive of cardiovascular events was elevated LDL.
- True
 - False
- 8) Which of the following is NOT an effective strategy to recommend to patients for weight loss based on National Weight Control Registry data?
- Monitor food intake
 - Skip breakfast
 - Eat a low-calorie, low-fat diet
 - Exercise 150 minutes per week
- 9) A 61 year old female patient who is overweight presents to your clinic for routine follow-up. You check a fasting plasma glucose, and the result is 109 mg/dL. Your next step is:
- Recheck the fasting plasma glucose in 6 months
 - Prescribe an individualized plan for weight loss through diet and exercise
 - Prescribe metformin
 - Closely monitor her blood pressure and complete lipid panel, and treat any abnormalities
 - B and D

- 10) The same patient returns to your clinic 1 year later having lost 10% of her body weight. Her fasting plasma glucose is now 98 mg/dL. However, her blood pressure is 145/100. On repeat measurement one week later, the blood pressure is 142/95. Which of the following next steps is INCORRECT?
- a. Encourage her to continue her program of diet and exercise
 - b. "Watchful waiting" and recheck blood pressure in 6 months
 - c. Continue to closely monitor her blood glucose and lipid panel, and treat any abnormalities
 - d. Prescribe antihypertensive medication

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Cardiometabolic Risk Factors: Hitting the Targets

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