

Diabetes: A Global Epidemic

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CME Test Questions

1. The global prevalence of diabetes is
 - a. About 51 million
 - b. About 124 million
 - c. About 246 million
 - d. About 476 million

2. Worldwide, diabetes is
 - a. The most common cause of renal failure
 - b. The second most common cause of adult blindness
 - c. A major cause of amputations in the U.S., but not in developing countries
 - d. Easily managed once the diagnosis is made, due to advances in care

3. The worldwide increase in diabetes is
 - a. Primarily due to an increase in Type 1 diabetes
 - b. Primarily due to an increase in Type 2 diabetes
 - c. Related to obesity only in Western countries
 - d. Seen mainly among impoverished communities
 - e. Not yet significant among children

4. Understanding the realities of life in different countries is important to understanding the treatment of diabetes around the world. Which of the following is true?
 - a. Refrigeration, necessary for storing insulin, is now available to most people around the world.
 - b. For many people, receiving medication and supplies by mail is not an option, because delivery is limited or not available.
 - c. Low literacy rates make it impossible to create useful educational materials.
 - d. People from traditional cultures usually are not able to understand what causes diabetes or how to care for it.

5. As a group, Latinos in the U.S. have
 - a. A higher rate of diabetes than the general population
 - b. A genetic predisposition to diabetes
 - c. A traditional diet that is high in fat and calories, putting them at risk of obesity
 - d. a and c only
 - e. a, b, and c

6. Challenges to diabetes prevention and care in India include all of the following EXCEPT:
 - a. Being overweight is often considered a sign of health and wealth.
 - b. The medical establishment has not recognized the increasing prevalence of diabetes.
 - c. In many areas, particularly rural communities, it is usual for people to walk barefoot.
 - d. Quick, easy, but ineffective treatments are offered by some traditional practitioners.

7. Mobile vans with modern medical equipment
 - a. Provide care to people who would not be able to obtain it otherwise
 - b. Eliminate the influence of cultural barriers, because access to care is the most important issue in treating diabetes
 - c. Reach most people who do not live near a medical facility
 - d. All of the above

8. As a nation, Australians enjoy a western lifestyle with many comforts. Which of the following is true?
 - a. Life in the challenging Australian landscape keeps most Aboriginals (indigenous Australians) active and at low risk of diabetes.
 - b. Aboriginal Australians appear to have a genetic susceptibility to diabetes.
 - c. The general population of Australia is increasingly active, unlike in other westernized nations.
 - d. Aboriginal communities do not see diabetes as a concern, so there are no diabetes prevention programs among these groups.

9. Ways to improve diabetes care for people of varied cultures and backgrounds include all of the following EXCEPT
 - a. Tailoring information and care to meet each person's concerns
 - b. Establishing literacy levels and providing appropriate educational materials
 - c. Discussing types of exercise which fit into the patient's culture
 - d. Explaining to patients that they may forgo aspects of care which interfere with cultural expectations

10. A national effort to prevent diabetes in Finland
 - a. Has been proven to have only minimal effect, due to the need for intensive exercise and lifestyle change
 - b. Focuses on dietary change as the primary means of prevention
 - c. Attempts to reduce the incidence of diabetes without influencing Finnish culture
 - d. Resembles an earlier, successful program to decrease heart attacks in Finland

CME Evaluation

Diabetes: A Global Epidemic

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- Excellent Good Fair Poor

2. Was the topic relevant to your needs and interests?

- Yes No

3. Was the information presented useful in your practice?

- Yes No

4. Were the course objectives met?

- Yes No

5. Did you find the information presented on the program to be fair, balanced, and free of commercial bias?

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