

After reading this issue of *On the Cutting Edge*, "The Metabolic Triad: Diabetes, Cardiovascular Disease, and Inflammation," please answer the following single-answer, multiple choice questions. For each question, select the one best response.

Indicate your responses on the answer form on page 44. Compare your answers with the answer key on page 20. Three and a half (3.5) hours of continuing professional education (CPE) credit have been approved by the Commission on Dietetic Registration (CDR). CPE eligibility is based on active DCE membership status from June 1, 2009 to May 31, 2010. **DCE members receive credits by either self-reporting that they have completed the post-test at www.dce.org (or) sending the completed answer sheet within one year of the publication of this OTCE to:**

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NOTE: If you submit an online submission to the DCE Web site, then you do not need to submit the paper self-assessment answer form. DCE members are encouraged to complete the online submission. This issue's answer sheet must be returned by November 30, 2010. You will be notified ONLY IF the 3.5 continuing professional-education hours have NOT BEEN APPROVED. Continuing professional education credits will be reported to CDR, but you must keep a record of your continuing education. Please record these hours on your Learning Activities Log, and retain the certificate of completion in the event you are audited by CDR. Outcome-oriented objectives are available on the DCE Web site at www.dce.org. Note: The certificate of completion is valid when the accompanying Continuing Professional Education Questionnaire is successfully completed, submitted to, and recorded by DCE/ADA.

CPE Credit Self-Assessment Questionnaire

- 1) The most widely supported biomarker of inflammation due to its stability, availability of high sensitivity assays, standardization and precision is:
 - a. Serum amyloid A (SAA)
 - b. Fibrinogen
 - c. Lipoprotein-associated phospholipase A2
 - d. C-Reactive protein (CRP)
- 2) Patients with CRP levels for low, average or high risk of cardiovascular disease respectively would be levels of:
 - a. 0.5; 1.2; 2.0
 - b. 0.5; 1.5; 2.5
 - c. <1.0; 1-3, > 3
 - d. 2.0; 3.0; > 10
- 3) The recommendation Rating Scale of the American Dietetic Association Evidence-Based Nutrition Practice Guidelines states: practitioners should be *flexible* in deciding whether to follow a recommendation classified as:
 - a. Strong
 - b. Fair
 - c. Weak
 - d. Consensus
- 4) The Evidence-Based Library's recommendation for cardiovascular disease in patients with diabetes states that if an individual has high serum homocysteine levels usually greater than _____ $\mu\text{mol/L}$, an intake of folate, vitamin B6 and vitamin B12 may lower homocysteine by _____ %.
 - a. 10; 1-15
 - b. 13; 17-34
 - c. 20; 25-40
 - d. 25; 35-45
- 5) Recommendations by the American Diabetes Association for those that need exercise testing with Electrocardiography monitoring include those:
 - a. Older than 25 with a diagnosis of diabetes
 - b. Older than 30 with a diagnosis of hypertension
 - c. Older than 30 who smoke
 - d. Of any age with autonomic neuropathy
 - e. B & D
 - f. B, C & D
- 6) In a prospective, nested, case-control study, it was reported that C-reactive protein was significantly higher in the _____ trimester in women who subsequently developed GDM.
 - a. First
 - b. Second
 - c. Third
 - d. All of the above
- 7) The following methods are used to assess endothelial dysfunction:
 - a. Aortic ultrasound
 - b. Brachial artery flow-mediated dilation
 - c. Carotid intimal-medial thickness measurement
 - d. All of the above
 - e. A and B
 - f. B and C
 - g. A and C
- 8) Diabetic dyslipidemia is characterized by:
 - a. HDL cholesterol decrease
 - b. LDL cholesterol that is near normal
 - c. Triglyceride increase
 - d. All of the above
- 9) The agent that increases HDL cholesterol the best is:
 - a. Bile acid sequestrants
 - b. HMG-CoA Reductase Inhibitors
 - c. Niacin
 - d. Omega-3 Fatty Acids
- 10) Inflammation is an acquired cause of both insulin resistance and impaired insulin secretion.
 - a. True
 - b. False