

Self-Assessment Test

The Evolution of Cardiometabolic Risk Reduction and Mixed Dyslipidemia: Examining the Role of Chronic Obesity Management

This program is located at <http://ashpmedia.org/symposia/cemornings>



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There are 10 questions associated with this self-assessment test.

1. The major determinant in reducing cardiovascular risk for the primary prevention of coronary artery disease in patients with hypertension is:
 - a. the choice of lipid-lowering drug.
 - b. the amount of low-density lipoprotein (LDL) cholesterol reduction.
 - c. the choice of antihypertensive drug.
 - d. the amount of blood pressure reduction.
2. Which of the following is the most appropriate goal LDL cholesterol concentration in a patient with diabetes mellitus and a baseline LDL cholesterol value of 165 mg/dL?
 - a. <70 mg/dL.
 - b. <100 mg/dL.
 - c. <130 mg/dL.
 - d. <160 mg/dL.
3. Which of the following is an element of the metabolic syndrome that increases the risk for coronary heart disease (CHD)?
 - a. Cigarette smoking.
 - b. Elevated high-density lipoprotein cholesterol.
 - c. Family history of premature CHD.
 - d. Large waist circumference.
4. Compared with moderate (i.e., standard) statin therapy, intensive statin therapy in patients with stable coronary heart disease or acute coronary syndrome is associated with:
 - a. A decreased risk for fatal stroke.
 - b. A decreased risk for cardiovascular death.
 - c. A decreased risk for cardiovascular events.
 - d. An increased risk for cardiovascular death.
5. Which of the following antihypertensive drug classes are among the first-line therapies for prevention of coronary artery disease in patients who are not at high risk?
 - a. Aldosterone antagonists.
 - b. β -blockers.
 - c. Calcium-channel blockers.
 - d. Potassium-sparing diuretics.



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6. A 6-year-old child with a body mass index-for-age value in the 80th percentile is considered:
 - a. Underweight.
 - b. Normal.
 - c. At risk of overweight.
 - d. Overweight or obese.

 7. The minimum level of physical activity recommended for Americans is:
 - a. 75 minutes/week of moderate-intensity activity.
 - b. 150 minutes/week of moderate-intensity activity.
 - c. 150 minutes/week of vigorous activity.
 - d. 300 minutes/week of moderate-intensity activity.

 8. Use of which of the following anti-obesity agents is limited by oily stools, fecal urgency, and flatulence?
 - a. Orlistat.
 - b. Phentermine.
 - c. Rimonabant.
 - d. Sibutramine.

 9. Which of the following investigational combination therapies suppresses the motivation to eat by inhibiting the pleasure and reinforcement from eating?
 - a. Bupropion SR and naltrexone SR.
 - b. Bupropion SR and zonisamide.
 - c. Phentermine and topiramate.
 - d. Pramlintide and meterleptin.

 10. Which of the following is an investigational serotonin receptor agonist that is in clinical trials for the treatment of obesity?
 - a. Cetilistat.
 - b. Lorcaserin.
 - c. Tesofensine.
 - d. CP-945,598.
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