

## Self-Assessment Test

### The Challenge of Type 2 Diabetes: Emerging Options for Improving Glycemic Control

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. Which of the following is the largest component of the medical costs attributed to diabetes in the United States?
  - a. The direct treatment costs of diabetes.
  - b. The costs of treating diabetes-related complications.
  - c. The excess general medical costs of the disease or its complications.
  - d. The costs of reduced productivity due to mortality.
2. Which of the following is the goal A1C recommended by the American Association of Clinical Endocrinologists for adults with diabetes?
  - a. <6%.
  - b. <6.5%.
  - c. <7%.
  - d. <10%.
3. Which of the following statements about the impact of tight glycemic control in patients with type 2 diabetes is correct?
  - a. The data are equally strong for a benefit in reducing macrovascular and microvascular complications.
  - b. The data are stronger for a benefit in reducing macrovascular complications than microvascular complications.
  - c. The data are stronger for a benefit in reducing microvascular complications than macrovascular complications.
  - d. The data are lacking for a benefit in reducing macrovascular and microvascular complications.
4. Which of the following is the approximate percentage of adults with diabetes who achieve glycemic control (i.e., goal A1C values)?
  - a. 25%.
  - b. 37%.
  - c. 50%.
  - d. 66%.
5. Which of the following goals is recommended by the American Diabetes Association for patients with type 2 diabetes?
  - a. High-density lipoprotein cholesterol <40 mg/dL in men and <50 mg/dL in women.
  - b. Low-density lipoprotein cholesterol <70 mg/dL in men and <100 mg/dL in women.
  - c. Systolic/diastolic blood pressure <140/80 mm Hg.
  - d. Triglycerides <150 mg/dL.



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6. According to the American Diabetes Association and the European Association for the Study of Diabetes consensus algorithm for the initiation and adjustment of therapy in patients with type 2 diabetes and hyperglycemia, which of the following agents should be used initially after diagnosis in combination with lifestyle intervention?
    - a. A glitazone.
    - b. A sulfonylurea.
    - c. Basal insulin.
    - d. Metformin.
  
  7. Which of the following is the most likely adverse effect associated with the use of biguanides to treat hyperglycemia in patients with type 2 diabetes?
    - a. Gastrointestinal distress.
    - b. Headache.
    - c. Hypoglycemic episodes.
    - d. Weight gain.
  
  8. Which of the following postprandial abnormalities in patients with type 2 diabetes is addressed by exenatide?
    - a. Increased levels of insulin.
    - b. Decreased levels of amylin.
    - c. Decreased levels of glucagon-like peptide 1 (GLP-1).
    - d. Decreased levels of insulin.
  
  9. Which of the following is a characteristic of dipeptidyl peptidase-4 (DPP-4) inhibitors that is not shared by GLP-1 receptor agonists?
    - a. Nausea and vomiting.
    - b. Oral route of administration.
    - c. Potential immunogenicity.
    - d. Weight loss.
  
  10. Results of the ACCORD study of patients with type 2 diabetes are controversial because they suggest that compared with standard glycemic control, intensive glycemic control:
    - a. Has no impact on cardiovascular events and increases all-cause mortality.
    - b. Has no impact on all-cause mortality or cardiovascular events.
    - c. Decreases mortality and cardiovascular events, but increases the risk for weight gain and severe hypoglycemic episodes.
    - d. Decreases the risk for weight gain and severe hypoglycemic episodes, but has no impact on mortality or cardiovascular events.
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