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QUESTION 1

An 8-year-old boy suffers from compulsive eating, obesity, small stature, hypogonadism, and mental retardation. Which of the following is his most likely diagnosis?

A. phenylketonuria

B. Prader-Willi syndrome

C. Down syndrome

D. fragile X syndrome

E. Cri-du-chat syndrome

F. disorientation

Correct Answer: B

All of the listed syndromes cause mental retardation, but Prader-Willi syndrome is also typified by compulsive eating and obesity, hypogonadism, and small stature. It is thought to be due to a small deletion on chromosome 15. Phenylketonuria is an autosomal-recessive trait which can cause mental retardation in children who do not eat a low phenylalanine diet. Down syndrome, or trisomy 21, causes mental retardation and distinctive facies. Fragile X syndrome causes mental retardation, short stature, and postpubertal macroorchidism. Cri-du-chat syndrome, caused by a deletion on chromosome 5, is characterized by severe mental retardation, microcephaly, and a cat-like cry in infants due to laryngeal abnormalities

QUESTION 2

A 40-year-old man has been unsuccessfully treated for depression with two different medications for the past 3 months. He has a number of medical problems, and he recently was hospitalized after threatening suicide. His psychiatrist is considering the use of ECT for the patient. Which of the following is a relative contraindication to ECT?

A. hypertension

B. history of seizures

C. clinically significant space-occupying cerebral lesion

D. degenerative joint disease of the spine

E. suicidality

Correct Answer: C

ECT can be a life-saving tool in the treatment of depression, particularly in individuals who are very suicidal, because of its relatively quick onset of action. It is a relative contraindication to give patients with a clinically significant space-occupying cerebral lesion ECT because of the risk of brain stem herniation. ECT can be performed on patients with space-occupying lesions rarely, but the benefit needs to outweigh the risk, and it should be performed by experts. However, although hypertension and cardiovascular disease put patients at a higher risk for complications from ECT, they are not absolute contraindications to its use. With the use of muscle relaxants as part of the electroconvulsive technique, patients with degenerative joint disease of the spine can generally safely receive ECT. Seizures actually would typically decrease in frequency with the application of ECT.

QUESTION 3

Several members of a group of young adults camping, cooking, and traveling together in the developing world develop fever, malaise, nausea, and vomiting, and have dark urine. Two have yellow sclera. How could this best have been prevented?

A. avoiding eating local foods

B. washing hands before eating

C. taking prophylactic Pepto Bismol

D. getting vaccinations

E. cooking all foods thoroughly and drinking boiled water

Correct Answer: D

Hepatitis Awas first isolated in 1973. Since then, it has been demonstrated to be conveyed from person to person chiefly by the fecal-oral route. Humans appear to be the only natural host. Outbreaks attributed to food and water supplies are frequently reported. There were an estimated 61,000 new infections in the United States (particularly in the West) in 2003, continuing a trend downward. It does not cause chronic infection. Vaccination is effective and available for persons at risk, including travelers. Examples of where outbreaks occur include: among travelers, among young adults clustered together, and in day care environments.

QUESTION 4

A 40-year old man has been treated for chronic paranoid schizophrenia for many years with a typical neuroleptic. To decrease his risk for tardive dyskinesia, his psychiatrist wants to change his medication to an atypical antipsychotic. Which of the following atypical antipsychotics is limited in its use by the risk of agranulocytosis, which occurs in 12% of all patients treated?

A. aripiprazole

B. clozapine

C. risperidone

D. quetiapine

E. ziprasidone

Correct Answer: B

Aripiprazole, clozapine, risperidone, quetiapine, and ziprasidone are all atypical antipsychotic medications. The use of clozapine, however, is limited because of the risk of potentially fatal agranulocytosis in patients taking it. Because the agranulocytosis is reversible, monitoring the blood count of patients on clozapine is recommended, usually starting on a weekly basis at the beginning of treatment.

QUESTION 5

Select the appropriate incubation period of the Mumps infectious disease of childhood.

A. 16 days

B. 78 days

C. 810 days

D. 1021 days

E. 3050 days

F. 120180 days

Correct Answer: D

The incubation period for diphtheria is 17 days. The incubation period for chicken pox is 1021 days, average 14. Infectious mononucleosis, caused by the Epstein-Barr virus, has an estimated incubation period of 3050 days. The incubation period following infection by the mumps virus is usually 1618 days but, like chicken pox, may vary from 14 to 25 days. Pertussis has a shorter incubation period, usually 710 days, with a variation of 421 days. The usual period from contamination with tetanus spores to clinical symptoms is generally 68 days. For rubella, the incubation period is from 14 to 21 days, but usually ranges from 16 to 18 days.

QUESTION 6

A 30-year-old asymptomatic male presents to your office because his father just had a heart attack. He is concerned that he may have inherited his father\\'s condition because a cholesterol level test done at his work site last year was 220 mg/dL. You review his history and find that he smokes 25 cigarettes a day, eats mostly at fast food restaurants, sits at a desk job, and has no regular moderate intensity physical activities. His blood pressure is 130/85 mmHg and his body mass index (BMI) is 26.

Which of the following is the best first recommendation?

A. electrocardiography (ECG)

B. ECG and an exercise treadmill test (ETT)

C. a diet for weight loss

D. commencement of a daily exercise routine

E. antihypertensive medication

Correct Answer: D

The USPSTF does not recommend ECG or ETT in asymptomatic patients. A BMI greater than 27 is associated with increased mortality. The U.S. Surgeon General recommends a program of moderate exercise most days of the week.

QUESTION 7

A42-year-old patient suffering from alcoholism has advanced liver disease with ascites. He is hospitalized for agitation and bizarre behavior. Which of the following findings is most helpful in making the diagnosis of hepatic encephalopathy?

A. jaundice

B. asterixis of the hands

C. spider angiomas on the face and chest

D. heme-positive stool

E. positive fluid wave on abdominal examination

Correct Answer: B

Hepatic encephalopathy is a syndrome of declining intellectual function, altered state of consciousness, and neurologic abnormalities in the setting of advanced liver disease. Other findings include hyperactivity, delirium, agitation, and personality changes, progressing to confusion, somnolence, and coma. Asterixis (lapses of sustained muscle contraction) or "flapping tremor" is common. Jaundice, spider angiomas, and ascites can be present in alcoholic liver disease without the presence of encephalopathy. Precipitating factors must be looked for and reversed if possible. GI bleeding (due to esophageal varices, gastritis, ulcer, and so forth) increases the nitrogen load in the gut and reduces cerebral perfusion. Excessive diuresis with prerenal azotemia increases extrahepatic circulation of urea and ammonia production, so noncompliance with diuretics would decrease ammonia levels. Lactulose acidifies the stool, traps ammonia and other nitrogenous substances, and decreases their absorption from the gut so excessive lactulose would decrease ammonia levels. Excessive protein intake is a common precipitant.

QUESTION 8

For each of the diseases listed, select the arthropod vector responsible for its transmission.

Dengue fever

A. aegypti

B. Anopheles species

C. Pediculus humanus corporis

D. Dermacentor andersoni

E. Sarcoptes scabiei

Correct Answer: A

Epidemic typhus (classical typhus fever, or louse-borne typhus) has disappeared from most areas of the world but might reappear in conditions of famine, war, or other disasters. There are small areas where it is endemic. The responsible organism, a rickettsia, is conveyed from case to case by the human body louse,

P. humanus corporis. Malaria, in its various forms (Plasmodium falciparum, Plasmodium vivax, Plasmodium ovale, and Plasmodium malariae), is spread from human to human by females of the various Anopheles group of mosquitoes. Dengue fever has a worldwide distribution in tropical and subtropical areas. In addition to producing the classical fever with severe myalgia (breakbone fever), it can also cause a hemorrhagic fever. The causative agent, a group B arbovirus with four distinct serogroups, is virus-conveyed from case to case by the A aegypti mosquito. Colorado tick fever occurs mainly in mountainous areas of the United States within the range of its vector, D. andersoni. The highest incidence is in May and June. Several hundred cases are recorded annually, but it is likely that the actual incidence is much higher. Avoidance of tick bites is the principal control measure. Yellow fever, the prototypical viral hemorrhagic fever, is African in origin but has spread to and remains endemic in equatorial regions of Central and South America. The vector, A. aegypti, has also spread worldwide, but surprisingly, cases have not been reported in India and Southeast Asia. The

illness varies in severity from a mild, nonspecific fever to a more severe condition with hemorrhagic, hepatic, and renal manifestations.

QUESTION 9

A 35-year-old G3P3 woman has been experiencing bilateral breast pain for the past year. Breast examination and mammography are normal. Conservative measures have failed. Which of the following medications is most likely to bring relief?

A. clomiphene

B. tamoxifen

C. danazol

D. hydrochlorothiazide

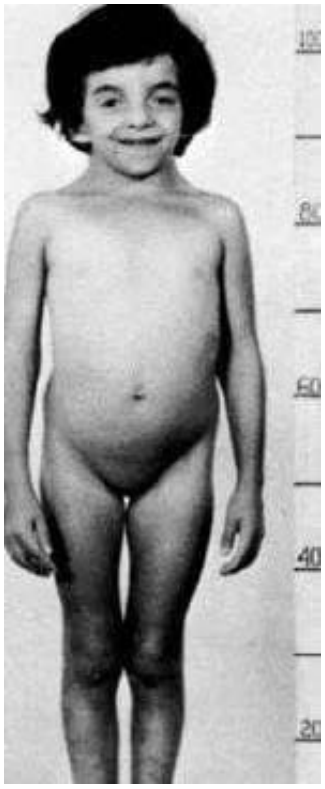
E. medroxyprogesterone

Correct Answer: B

Breast discomfort is a problem premenstrually for many women. Simple palliative measures include administration of vitamin E, 600 units daily, and limiting methylxanthines by eliminating coffee and other caffeine-containing substances, although the mechanism of action is not well understood. Danazol (Danocrine), in doses of 200400 mg daily, is often effective in relieving breast pain. Clomiphene may have estrogenic side effects and worsen breast pain. Many women receiving progesterone note breast discomfort secondary to fluid retention. There is no evidence that diuretics such as hydrochlorothiazide relieve breast pain. In one comparison study, tamoxifen (a selective estrogen receptor modulator) was more effective than danazol.

QUESTION 10

An 8-year-old girl presents for a checkup. She is new to your practice. The mother states that she has always been small for her age; otherwise, she has been well. She is short and has a height age of 4 years, 4 months. You note some abnormalities in her general appearance as shown in the figure.



As you continue your physical examination, you remember that congenital heart disease is common in this particular syndrome. Which of the following is the most likely congenital heart defect in patients with this syndrome?

A. supravalvular aortic stenosis

B. atrioventricular (AV) canal defects

C. coarctation of the aorta

D. pulmonary valvular stenosis

E. mitral valve prolapse

Correct Answer: C

Turner syndrome is associated with coarctation of the aorta and aortic stenosis.Williams syndrome is associated specifically with supravalvular aortic stenosis. In Noonan syndrome, the cardiac defect most often is pulmonary valvular stenosis or an atrial septal defect. Marfan syndrome is associated with mitral valve prolapse and aortic root dilatation. Septal defects, primarily endocardial cushion defects, are the most common heart defects among children with Down syndrome.

QUESTION 11

A 72-year-old man has the sudden onset of suprapubic pain and oliguria. His temperature is 38.0°C (100.4°F), pulse is 100/min, respiration rate is 12 /min, and BP is 110/72 mmHg. Abdominal examination is remarkable only for a tender, distended urinary bladder.

Which of the following is the most likely cause of this condition?

A. urinary tract infection

B. prostatic hypertrophy

C. posterior urethral valves

D. renal carcinoma

E. renal arterial occlusion

Correct Answer: B

Acute oliguria is a medical emergency requiring the immediate identification of any correctable cause. Distention of the urinary bladder indicates bladder outlet obstruction. Immediate management should be the passage of a urethral catheter to relieve the obstruction and provide urine for examination. An abdominal flat plate, ultrasonography, or IVP may yield a diagnosis but delay the relief of obstruction. Furosemide may be harmful if given while the bladder is obstructed. Bladder outlet obstruction may be caused by prostatic hypertrophy or prostatitis, stones, clots, malignancy, or urethral stricture; it may also be neurogenic. Posterior urethral valves are a congenital defect that could cause obstruction in children but rarely in adults. Renal carcinoma would not cause outlet obstruction. Renal arterial occlusion can cause acute renal failure but not obstructive uropathy. If urethral catheterization fails to relieve the obstruction, further evaluation, including radiographic or ultrasound studies, is in order. Suprapubic cystostomy may be necessary to empty the bladder.

QUESTION 12

For each item, select the ONE best lettered option that is most closely associated with it. Each lettered heading may be selected once, more than once, or not at all. A 35-year-old woman complains of constipation, hair loss, and dry skin.

A. Cushing\\'s syndrome

B. Addison\\'s disease

C. Klinefelter syndrome

D. hyperparathyroidism

E. hypothyroidism

F. pheochromocytoma

G. acromegaly

H. diabetes insipidus

I. diabetes mellitus

J. polycystic ovarian disease

Correct Answer: E

The most common symptoms seen in patients with hypothyroidism include tiredness, weakness, dry skin, feeling cold, hair loss, difficulty concentrating with poor memory, constipation, and weight gain.

QUESTION 13

Identify the following personality disorders with the symptoms listed below. Seems to not care what others think or feel; is aloof

A. antisocial

B. avoidant

C. borderline

D. dependent

E. histrionic

F. narcissistic

G. obsessive-compulsive

H. paranoid

I. schizoid

J. schizotypal

Correct Answer: I

Persons with personality disorders are rigidly bound to the use of patterns of defense and various traits that distinguish the disorders. All have problems with interpersonal relationships

QUESTION 14

Several groups of organic compounds are associated with serious toxic effects when used as insecticides and responsible for more deaths on a worldwide basis than any other group of insecticides

A. nitrosamines

B. epoxy compounds

C. PCBs

D. formaldehydes

E. organophosphorus compounds

Correct Answer: E

Organophosphorus compounds have been widely used since the 1950s as insecticides, both in national pest control programs and domestically. They have been responsible for many deaths on a worldwide basis, despite the lives initially saved by control of mosquitoes and malaria. From the point of view of the environmental toxicologist, it was perhaps fortuitous that many pests began to develop resistance to the substances fairly early in the use of these compounds. More recently, concern for environmental control has further limited their use; studies have attributed carcinogenic properties to several of these pesticides.

QUESTION 15

A woman at 31 weeks\\' gestation complains of feeling dizzy and lightheaded when she lies on her back. She is Rh negative but denies vaginal bleeding, abdominal trauma, or abdominal pain. The diagnosis is probably the supine hypotensive syndrome.

This results in which of the following?

A. a decreased fetal heart rate

B. an increased frequency of uterine contractions

C. a decreased tolerance to pain

D. a decreased effect of epidural analgesia

E. an increased risk of placental abruption

Correct Answer: A

In late pregnancy, the large uterus commonly compresses the inferior vena cava and impedes return of blood from the lower extremities to the heart. This may be sufficient to reduce cardiac output. In approximately 10% of women, arterial hypotension occurs, which can result in diminished uteroplacental blood flow and a decreased fetal heart rate. None of the other options occur as a result of this syndrome. Management is to have the woman roll on to her side or lean forward if she is sitting. Both these maneuvers cause the uterus to fall away from the inferior vena cava.