

Welcome to the Inaugural W.  
Warner Watkins ACP-AZ  
Chapter  
Doctor's Dilemma Challenge

# Participants

- Banner Good Samaritan IM Residency
- Maricopa Medical Center IM Residency
- Mayo-Scottsdale IM Residency
- St. Joseph's Hospital IM Residency
- Univ of Arizona-Tucson IM Residency
- Kirksville College of Osteopathic Medicine
- Midwestern College of Osteopathic Medicine
- University of Arizona College of Medicine

# We would like to thank the following question writers

- Banner Good Samaritan- Drs. Cheryl O'Malley, Keri-Lynn Morgan, Brenda Shinar
- Maricopa Medical- Drs. Jaya Raj, William Dachman
- St. Joseph's Hospital- Drs. Suresh Kumar, Richard Blinkhorn, Priya Radhakrishnan, and John Hodgson
- Mayo-Scottsdale Dr. Richard Helmers
- Kirksville- Dr. Robert Ligorsky
- Midwestern- Dr. Howard Shulman
- UA-Tucson IM Program- Drs. Jennifer Suriano, John Carment, Eric Mueller, Christy Oberg

# W. Warner Watkins 1883-1956

- A Virginia trained radiologist moved to Arizona to become initially a “mining doctor”
- 1907 moved to Phoenix and took up General Practice specializing working in St. Luke’s Home and worked with the sisters at St. Joseph’s Hospital
- Developed the first clinical laboratory in the Valley
- In 1929, he organized the clinicians in Phoenix to create a “Clinical Club of Phoenix” to discuss cases from the Massachusetts General Hospital
- Founder and editor of many Medical Journals including *Southwest Medicine*
- First ACP-AZ chapter president

# Doctor's Dilemma

Arizona ACP Chapter Competition

October 2 2005



Format of IM Quizitor Version 2.1

**Produced by:**

**David L. Shenson, MD**

**Oregon Health Sciences University**

**Department of Internal Medicine**

First  
Round

Second  
Round

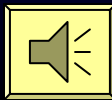
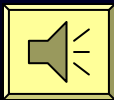
Date

Final  
Round

Tie #1

# Quizitor Round 1

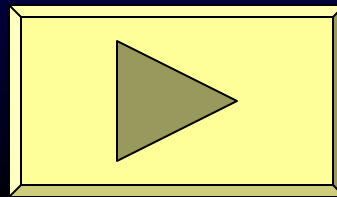
"Gastro" nomical	To Beat or Not to Beat	I have no ID	It's a glandular problem	A Prevent defense
<u>100</u>	<u>100</u>	<u>100</u>	<u>100</u>	<u>100</u>
<u>200</u>	<u>200</u>	<u>200</u>	<u>200</u>	<u>200</u>
<u>300</u>	<u>300</u>	<u>300</u>	<u>300</u>	<u>300</u>
<u>400</u>	<u>400</u>	<u>400</u>	<u>400</u>	<u>400</u>
<u>500</u>	<u>500</u>	<u>500</u>	<u>500</u>	<u>500</u>



[Round 2](#)

[Final  
Quizitor](#)

The organism found to be present  
in many patients with duodenal  
ulcers



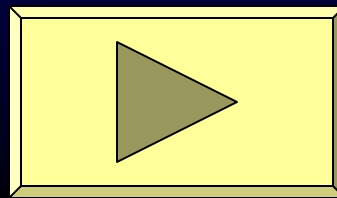
# What is Helicobacter Pylori?

Harrison's 16<sup>th</sup> Edition p 1749  
Dr. Howard Shulman-Midwestern

Topic I    100    Answer

Go To Single  
Quizitor

This syndrome consists of multiple colonic and duodenal adenomas, osteomas, and soft tissue tumors. Similar to familial colonic polyposis syndrome the cancer risk is 100%.



# What is Gardner's Syndrome

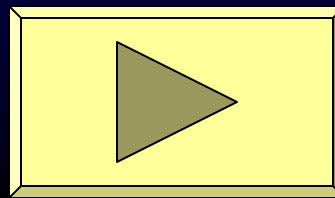
Harrison's Textbook of Medicine

Dr. Cheryl O'Malley- Banner Good Samaritan

Topic I    200    Answer

Go To Single  
Quizitor

A middle-aged woman who presents with complaints of diffuse pruritus, elevated alkaline phosphatase, and a positive anti-mitochondrial antibody?



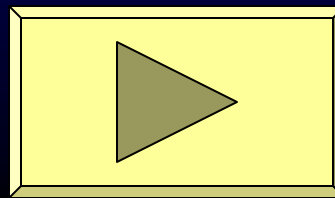
# What is a typical patient with Primary Biliary Cirrhosis?

Kaplan MM. Primary Biliary Cirrhosis NEJM 1996;335 1570  
Dr. Cheryl O'Malley- Banner Good Samaritan

Topic I    300    Answer

Go To Single  
Quizitor

Chronic diarrhea associated with iron deficiency anemia, mildly elevated liver transaminases, and a vesicular rash on the elbows.



# What is Celiac Sprue?

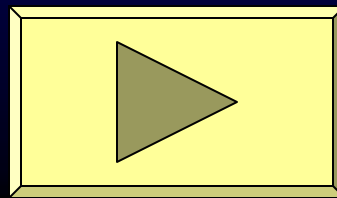
AGA Guideline Celiac Sprue 2000

Dr. Cheryl O'Malley- Banner Good Samaritan

Topic I    400    Answer

Go To Single  
Quizitor

The most likely diagnosis in a patient with long time hepatitis C who develops orthodeoxia and platypnea



# What is hepatopulmonary syndrome?

UpToDate 2005 online

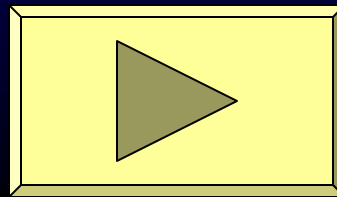
Dr. Allan Markus and Dr. O'Malley  
St. Joseph's & Banner Good Samaritan

BTW- Platypnea is dyspnea worsened with upright position and orthodeoxia refers to decrease in oxygen saturation with upright position.

Topic I    500    Answer

Go To Single  
Quizitor

A “syndrome” characterized by  
prolonged chest pain and at times  
elevated Troponin I levels



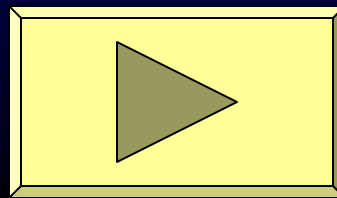
# What is an Acute Coronary Syndrome?

Dr. John Hodgson- St. Joseph's Hospital

Topic II    100    Answer

Go To Single  
Quizitor

The phenomenon of the two components of the second heart sound moving apart from each other during inspiration



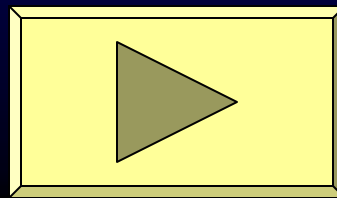
# What is physiological splitting?

Dr. John Hodgson- St. Joseph's Hospital

Topic II    200    Answer

Go To Single  
Quizitor

This oncological medicine has  
been shown to be a cause of  
congestive cardiomyopathy



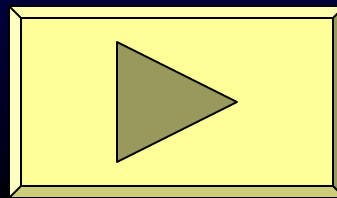
# What is doxorubicin or Adriamycin?

Dr. Robert Ligorsky- KCOM

Topic II    300    Answer

Go To Single  
Quizitor

Disorder characterized by the development of triad of syncope, angina, and/or congestive heart failure and carries a 90% mortality within 2-3 years without treatment



# What is Aortic Stenosis?

UptoDate 2005

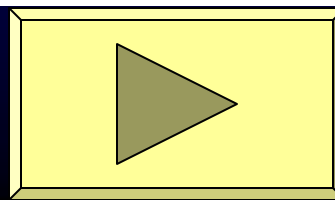
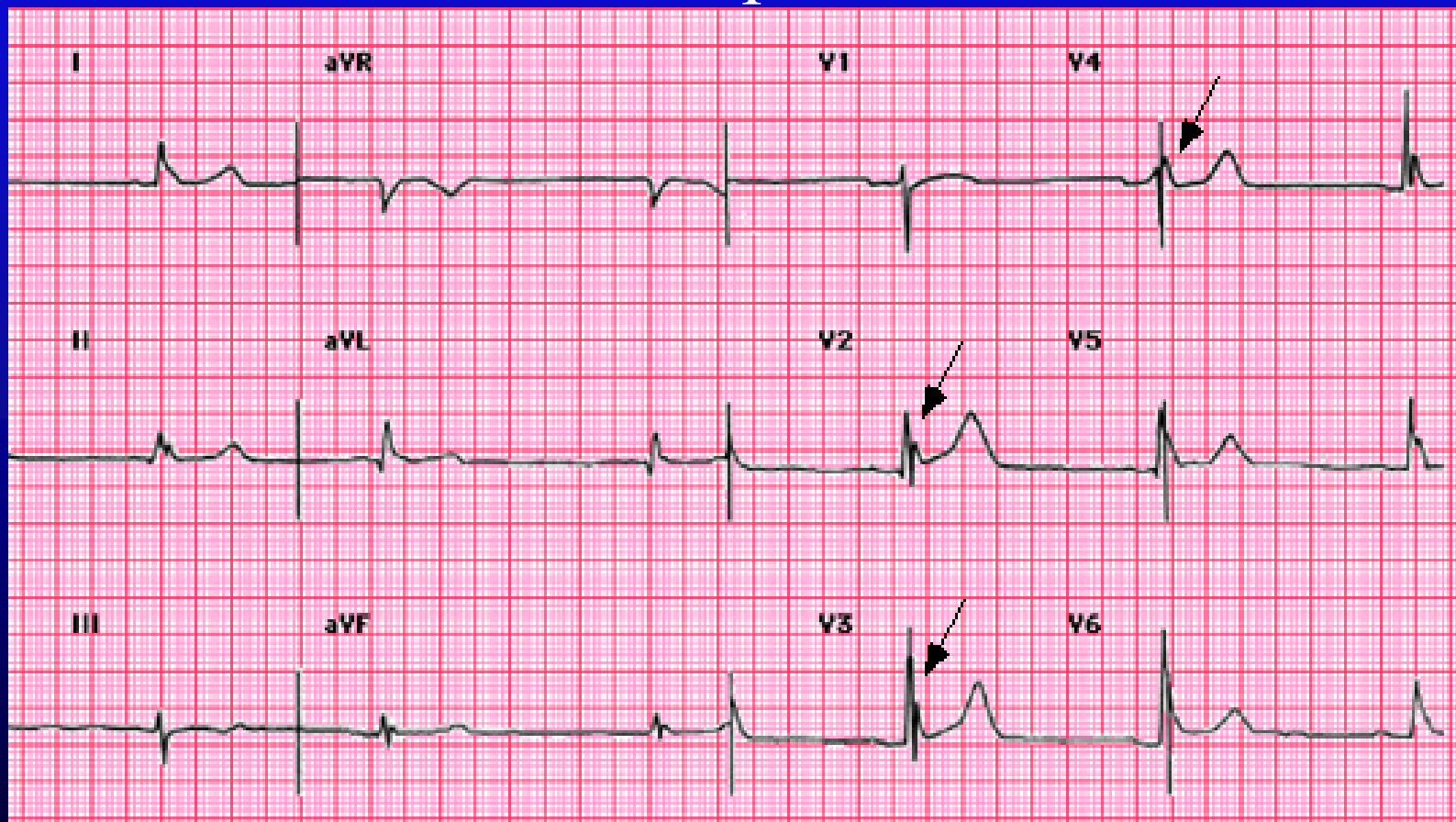
Dr. Allan L Markus &

Dr. John Hodgson- St. Joseph's Hospital

Topic II    400    Answer

Go To Single  
Quizitor

This EKG is characteristic for findings of patients with this problem



# What is hypothermia?

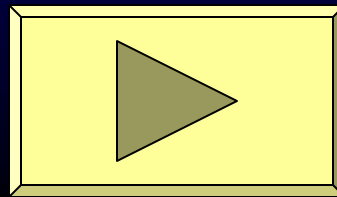
UptoDate & Braunwald's Cardiovascular  
Dr. Allan L Markus- St. Joseph's Hospital

The EKG shows J or Osborne Waves  
Couldn't resist bringing this one in from my former  
home in the Northeast....

Topic II    500    Answer

Go To Single  
Quizitor

Having caused the Black Death in Europe, this organism can be a real “pest”



# What is Yersinia Pestis?

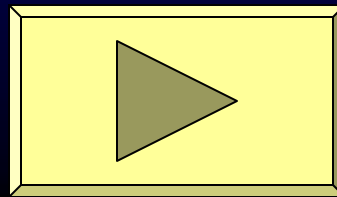
Mandell's 5<sup>th</sup> edition

Drs. Richard Blinkhorn and Allan Markus-St. Joseph's  
Hospital

Topic III 100 Answer

Go To Single  
Quizitor

Not a “fine wine”, this scoring system is used to determine the need for hospitalization for patients presenting with Community Acquired Pneumonia



# What is a PORT (pneumonia patient outcomes research team) or Fine Score?

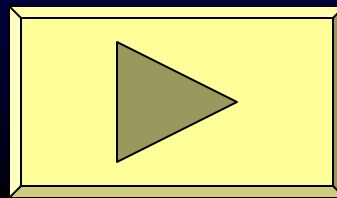
Practice Guidelines-Inf Dis Soc of America- 9/2000 & Fine et al. "A Prediction Rule to identify low –risk patients with Community Acquired Pneumonia- NEJM Jan 1997

Drs. Blinkhorn and Markus- St. Joseph's Hospital

# The rickettsia causing Q-fever

Topic III 300

Question



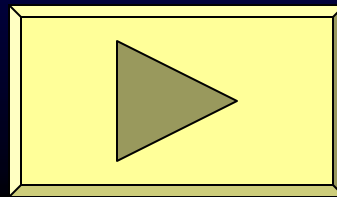
# What is Coxiella Burnetti?

Mandell's Principles and Practice of Inf Disease 5<sup>th</sup> edition  
Dr. Richard Blinkhorn- St. Joseph's Hospital

Topic III 300 Answer

Go To Single  
Quizitor

The name given to the disease  
caused by  
*Mycobacterium Marinum*



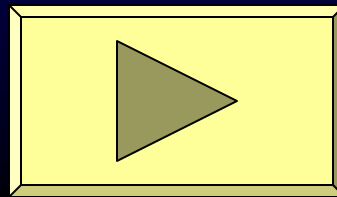
# What is Fish Tank Granuloma?

Mandell's Principles and Practice 5<sup>th</sup> edition  
Dr. Richard Blinkhorn- St. Joseph's Hospital

Topic III 400 Answer

Go To Single  
Quizitor

This disease known as Myiasis is  
caused by infestation of the skin  
by these



# What are maggots (larvae of flies)?

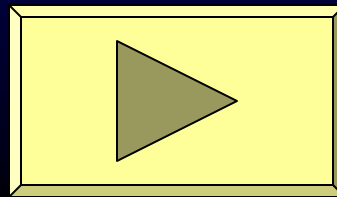
Mandell's Principles and Practice 5<sup>th</sup> edition  
Dr. Richard Blinkhorn-  
St. Joseph's Hospital



Topic III 500 Answer

Go To Single  
Quizitor

# The most common cause of primary hyperparathyroidism

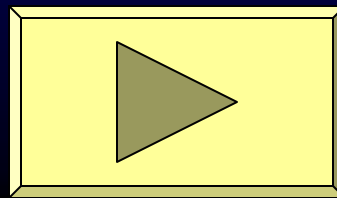


# A functioning parathyroid adenoma

Mayo Board Review  
Kerilyn Morgan- Banner Good Samaritan

I hope the Mayo team got this one....

A rare, severe hematological side effect of anti-thyroid medication that requires discontinuation of the drug



# What is agranulocytosis?

Harrison's 13<sup>th</sup> Edition

Kerilyn Morgan-Banner Good Samaritan

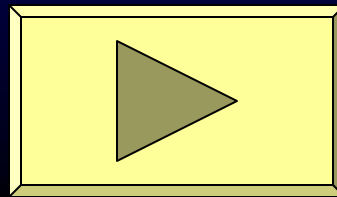
Topic IV 200 Answer

Go To Single  
Quizitor

# The most common manifestation of pheochromocytoma

Topic IV 300

Question



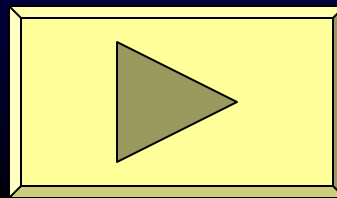
# What is hypertension?

Harrison's 16<sup>th</sup> edition p. 1749  
Dr. Howard Shulman- Midwestern

Topic IV 300 Answer

Go To Single  
Quizitor

These are the three endocrine  
abnormalities found in MEN  
Type 2A



# What are medullary thyroid cancer, pheochromocytoma, and parathyroid hyperplasia/adenoma

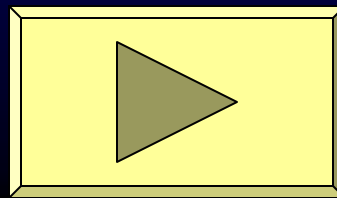
Harrison's 13<sup>th</sup> edition

Kerilyn Morgan- Banner Good Samaritan

Topic IV 400 Answer

Go To Single  
Quizitor

This syndrome consists of hyperthyroidism, polyostic fibrous dysplasia, cutaneous pigmentation, sexual precocity, hyperprolactinemia, hypercortisolism, and acromegaly

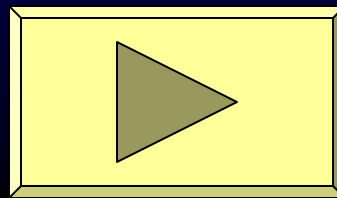


# What is the McCune-Albright Syndrome?

Williams Textbook of Endocrinology 10<sup>th</sup> edition  
Allan L Markus- St. Joseph's Hospital

Of note, the GH part of oversecretion can be treated with somatostatin analogues or pituitary irradiation.

This vaccination is now recommended for all patients over 65 and those under 65 who have chronic conditions such as diabetes, CHF, alcoholism, functional or structural asplenia, chronic liver or pulmonary disease (COPD but not asthma)



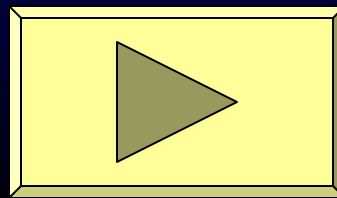
# What is the Pneumococcal Vaccine?

MMWR Recommendation 4/1997  
Allan L Markus- St. Joseph's Hospital

Topic V    100    Answer

Go To Single  
Quizitor

Of ~2%, ~10%, or ~25%  
this is the correct percentage of  
absolute risk reduction over 5  
years for death or MI in studies of  
statin agents for primary  
prevention

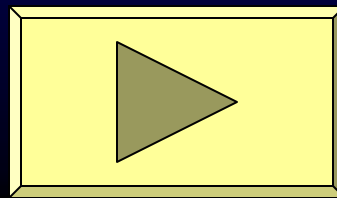


# What is ~2%?

In both the Pravastatin West of Scotland Study and Texas AFCAPS study (Lovastatin) the absolute risk reduction was 1.8% and 2.1% respectively.

Dr. Allan L Markus- St. Joseph's Hospital

In diabetic patients, this “medication” has been shown in at least one randomized trial to decrease infection rate at one year with a NNTT of close to 1



# What is a multi-vitamin?

UptoDate 2005

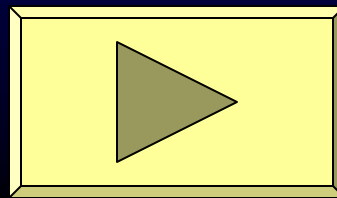
Allan L Markus St. Joseph's Hospital

In the study of 130 patients followed for a year, 17% with MVI and 93% without MVI had an infection that required treatment.

Topic V    300    Answer

Go To Single  
Quizitor

According to JNC VII, these agents have “been virtually unsurpassed in preventing the cardiovascular complications of hypertension”

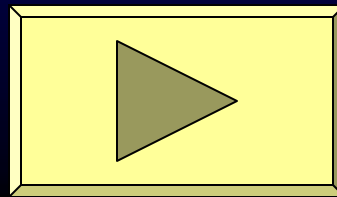


# What are thiazide diuretics?

JNCVII Report of Hypertension  
Dr. Allan L Markus- St. Joseph's Hospital

It goes on to say that diuretics should be used as the initial drug of choice for most patients either alone or in combination with other agents.

In 1996, the USPSTF made these  
three recommendations about  
driving which makes a current  
Arizona law seem even more  
strange



What are wearing your seat belt,  
wearing a helmet while riding a  
motorcycle and not driving while  
intoxicated?

USPSTF 1996

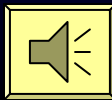
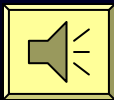
Dr. Allan Markus-St. Joseph's Hospital

Topic V    500    Answer

Go To Single  
Quizitor

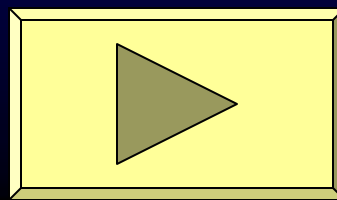
# QUIZITOR ROUND 2

It's a woman thing	Anyone for Beans?	An Oldie But a Goodie	Don't Blow It	Pics and Things
<u>100</u>	<u>100</u>	<u>100</u>	<u>100</u>	<u>100</u>
<u>200</u>	<u>200</u>	<u>200</u>	<u>200</u>	<u>200</u>
<u>300</u>	<u>300</u>	<u>300</u>	<u>300</u>	<u>300</u>
<u>400</u>	<u>400</u>	<u>400</u>	<u>400</u>	<u>400</u>
<u>500</u>	<u>500</u>	<u>500</u>	<u>500</u>	<u>500</u>



Final  
Quizitor

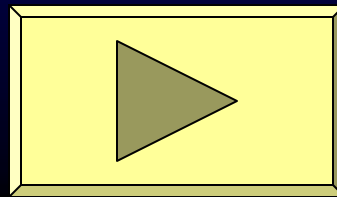
The time to next obtain a Pap Smear in a 35 y.o. woman with 3 prior normal Pap smears.



# What is 3 years?

American Family Physicians 2003 Apr 15; 67(8) p1677-8  
Dr. Brenda Shinar- Banner Good Samaritan

This disorder is characterized by  
a fishy, malodorous vaginal  
discharge with a pH of 5.5 and a  
positive “whiff test”



# What is Bacterial Vaginosis?

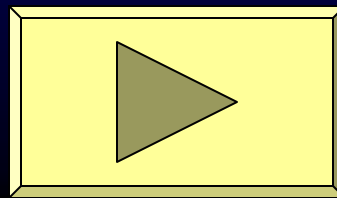
UpToDate 2005 Overview of Vaginitis  
Dr. Brenda Shinar-Banner Good Samaritan

Topic VII 200

Answer

Go To Double  
Quizitor

The next step in evaluating a 50 yo woman with a palpable firm non-tender breast mass and a normal mammogram.

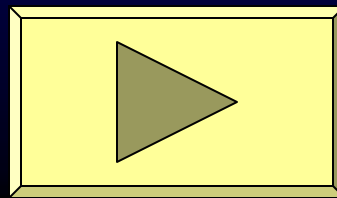


# Proceed to Fine Needle Aspiration Biopsy

Part of a triple diagnosis strategy, note that mammogram misses 10-20% of cancers especially in the older populations

UpToDate 2005, Evaluation of breast lumps  
Brenda Shinar, Banner Good Samaritan & Allan Markus, St  
Joseph's Hospital

The contraceptive that one would  
LEAST want to prescribe in a 30-  
year old woman who may want to  
become pregnant a year from  
now.



# What is Depo-Provera?

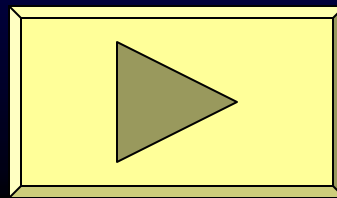
Stenchever- Comprehensive Gynecology 4<sup>th</sup> edition  
Brenda Shinar- Banner Good Samaritan

Topic VII 400

Answer

Go To Double  
Quizitor

In healthy professional women, an Aspirin a day will most likely prevent these events.



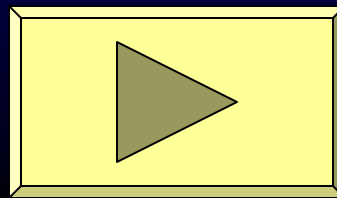
# What are ischemic strokes?

From Ridker et al. A Randomized Trial of Low-Dose Aspirin in the Primary Prevention of Cardiovascular Disease in Women. NEJM 352(13) March 31, 2005.

Allan L Markus- St. Joseph's Hospital

Of note there was no difference in cardiovascular disease and a non-significant increase in hemorrhagic strokes.

This syndrome is characterized by  
hyperlipidemia,  
hypoalbuminemia, edema, and  
proteinuria of greater than 3  
grams/day



# What is the nephrotic syndrome?

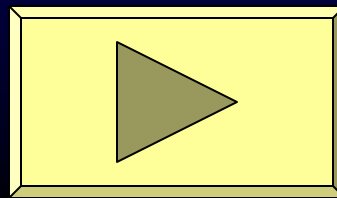
Goldman: Cecil's Textbook of Medicine p726  
Dr. Jaya Raj- Maricopa Medical Center

Topic VIII 100

Answer

Go To Double  
Quizitor

This diagnosis is made by findings of vasculitis, granulomas in the upper and lower respiratory tract, crescentic glomerulonephritis, and a positive c-ANCA.



# What is Wegner's Granulomatosis?

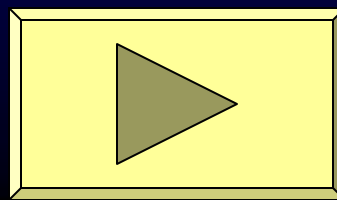
Dr. Jaya Raj-Maricopa Medical Center

Topic VIII 200

Answer

Go To Double  
Quizitor

This “treatment” was found in at least one trial in 2004 by Merten et al. to decrease contrast-induced acute renal failure by an Absolute Risk Reduction of 6% for a NNTT of only 16.5



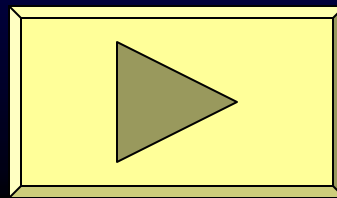
# What is sodium bicarbonate infusion?

Source- Merten et al. JAMA 291(19) p 2328-34

Dr. Allan L Markus-St. Joseph's Hospital

Although sodium chloride had been previously studied and showed benefit as well over no treatment this trial compared sodium chloride to sodium bicarbonate. It was done at a 3ml/kg loading dose over an hour prior to the procedure and then a 1ml/kg drip for 6 hours after the procedure.

The acid/base disorder of a patient with an  
ABG of 7.28/37/65 and a  $\text{HCO}_3$  of 16

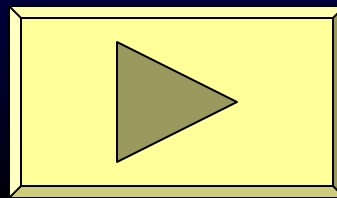


# What is a mixed metabolic and respiratory acidosis.

Allan L Markus-St. Joseph's Hospital

In the example above there is a mixed disorder since the proper compensation for the primary metabolic disorder would be a respiratory compensation down to 30. Therefore the respiratory compensation is inadequate.

This condition usually found in childhood causes hypokalemia, metabolic alkalosis, high urine chlorides and normal blood pressures.



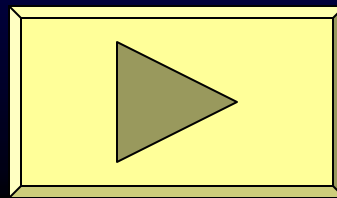
# What is Bartter's Syndrome

Brenner and Rector's The Kidney 7<sup>th</sup> edition p. 1719

Dr. Howard Shulman- Midwestern Univ & Allan Markus- St.  
Joseph's Hospital

Of interest the lesser known Gitelman syndrome doesn't present in kids but rather in adults either during a workup of muscle cramping or after routine laboratories show abnormalities.

The type of incontinence in which a patient complains that they “Gotta Go, Gotta Go, Gotta Go, Right Now!”



# What is Urge Incontinence

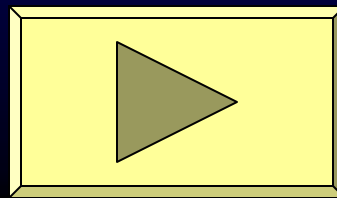
UptoDate 2005 “Clinical presentation and diagnosis of urinary incontinence”

Brenda Shinar- Banner Good Samaritan

Topic IX 100 Answer

Go To Double  
Quizitor

In Arizona, the surrogate decision maker for a comatose patient who is divorced with an adult son, a sister, and a living mother.



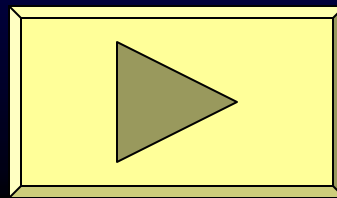
# Who is the adult son?

Arizona Consent Manual, Arizona Hospital and Health Care  
Association-2001  
Brenda Shinar- Banner Good Samaritan

Topic IX 200 Answer

Go To Double  
Quizitor

The Geriatrics Test in which the patient rises from a sitting position in a chair, walks ten feet, turns and returns to the chair?

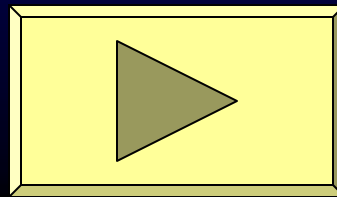


# What is the Get Up and Go Test?

From Tinetti ME Ginter SF, Identifying mobility dysfunctions in elderly patients. Standard neuromuscular examination or direct assessment. JAMA 1988;259:1190–3

Dr. Brenda Shinar- Banner Good Samaritan

The three most common causes  
of dementia are these.



# What are Alzheimer's Disease 60-80%, Diffuse Lewy Body 10%, and Vascular dementia 10-20%?

UptoDate 2005 & David S. Knopman MD; Bradley Boeve MD;  
Ronald Peterson, PHD, MD. "Essentials of the Proper Diagnoses of  
Mild Cognitive Impairment, Dementia, and Major Subtypes of  
Dementia", Mayo Clinic Proceedings Oct 2003. retrieved online at  
<http://www.mayoclinicproceedings.com/inside.asp?AID=435&UID>

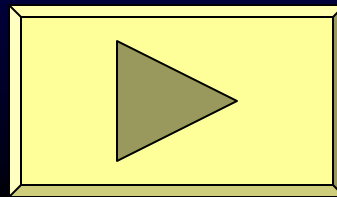
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Dr. Brenda Shinar- Banner Good Samaritan

Topic IX 400 Answer

Go To Double  
Quizitor

The “stage” of a pressure ulcer in which there is an ulceration with exposed subcutaneous fat.

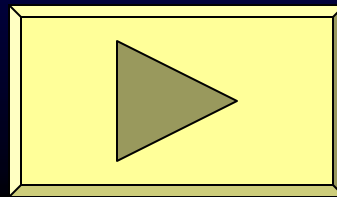


# What are Stage III pressure ulcers?

Source: UptoDate 2005 “Pressure ulcers, staging, epidemiology, pathogenesis, and clinical manifestations.

Dr. Brenda Shinar- Banner Good Samaritan

# The drug of choice in mild persistent asthma



# What are inhaled corticosteroids?

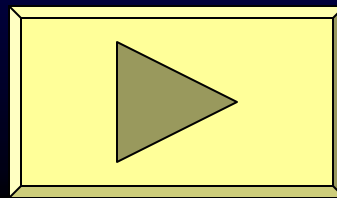
UptoDate 2005

Rick Helmers- Mayo Scottsdale

Topic X 100 Answer

Go To Double  
Quizitor

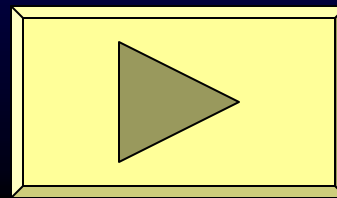
In 2005, the diagnosis of Cystic Fibrosis requires a clinical presentation consistent with the diagnosis plus either one of these two tests.



# What is a sweat chloride measurement or gene probe analysis?

Source: Rakel-Conn's Current Therapy 2005 & Mason- Murray and Mandel's Textbook of Respiratory Medicine 4<sup>th</sup> edition  
Rick Helmers- Mayo Scottsdale and Allan Markus- St. Joseph's Hospital

These are the  
characteristic  
pathologic  
finding in  
what  
disease?



# What are noncaseating granulomas of Sarcoidosis?

Picture Source E-medicine at

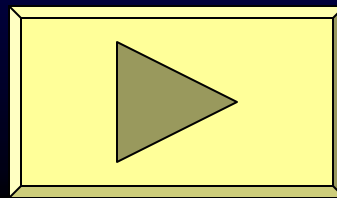
<http://www.emedicine.com/MED/topic2063.htm#section~pictures>

Dr. Rick Helmers- Mayo-Scottsdale and Dr. Allan Markus-St Joseph's Hospital and Medical Center

Topic X    300    Answer

Go To Double  
Quizitor

Deposition of phospholipids is thought to be the mechanism of action that is responsible for interstitial pneumonitis and the greatest number of deaths due to this drug therapy.



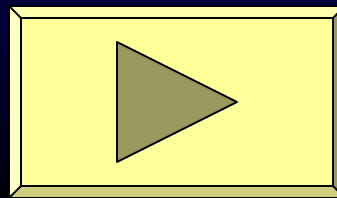
# What is Amiodarone?

Source: Mason- Murray and Nadel's Textbook of Respiratory  
Medicine 4<sup>th</sup> edition p. 1890

Rick Helmers- Mayo Scottsdale and Allan Markus- St.  
Joseph's Hospital

Of interest, the phospholipids are absorbed by the macrophages  
and Type II cells

This rare lung condition is characterized by the proliferation of interstitial atypical smooth muscle and cyst formation.



# What is LAM- Lymphangiomyomatosis

Source- UptoDate 2005

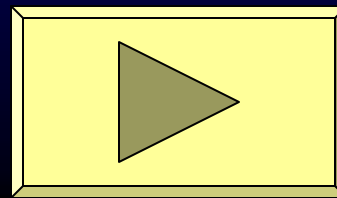
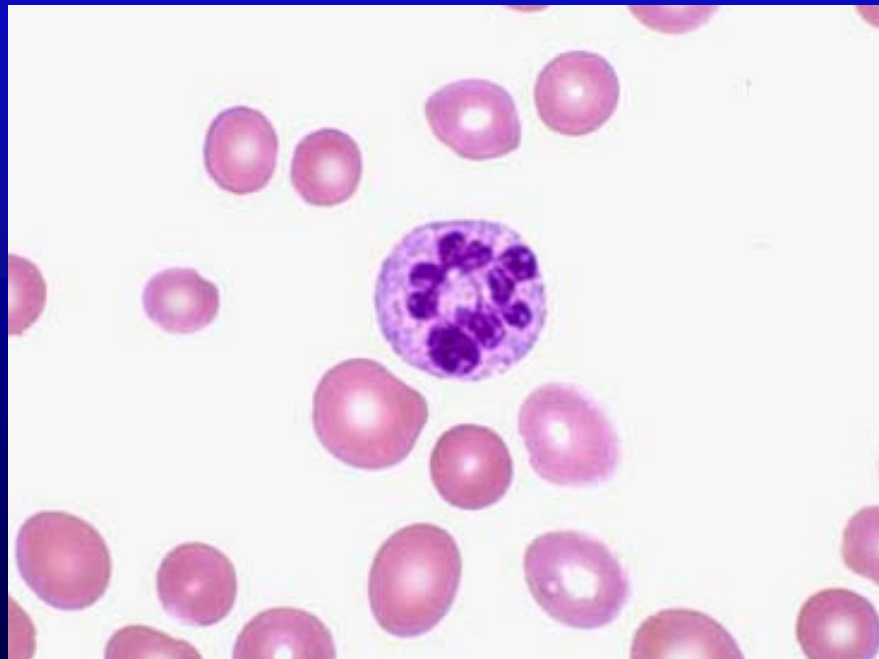
Dr. Rick Helmers- Mayo Scottsdale

This Disease is very rare only affecting premenopausal mostly Caucasian women and chylous ascites occurs in 10% of patients.

Topic X    500    Answer

Go To Double  
Quizitor

An mildly fatigued male comes to the office with lab tests showing a high LDH, low haptoglobin and the following slide



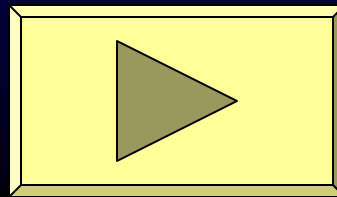
# What is B12 deficiency (with intramedullary hemolysis?)

UC Davis School of Medicine  
Allan L Markus- St. Joseph's Hospital

Topic XI 100 Answer

Go To Double  
Quizitor

Taken from a  
non-smoking  
45 yo woman  
with  
progressive  
dyspnea and  
painful lesions  
on her legs

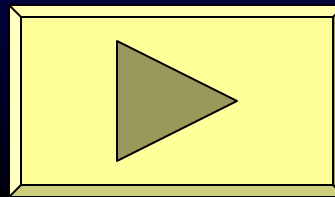


# What is Sarcoidosis?

From [www.e-radiography.net](http://www.e-radiography.net)

Dr. Allan Markus- St. Joseph's Hospital

These lesions are found in multiple areas especially on the trunk they are firm and rubbery.



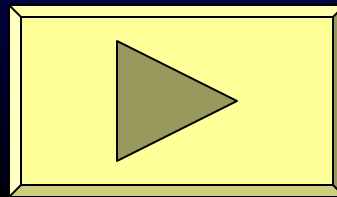
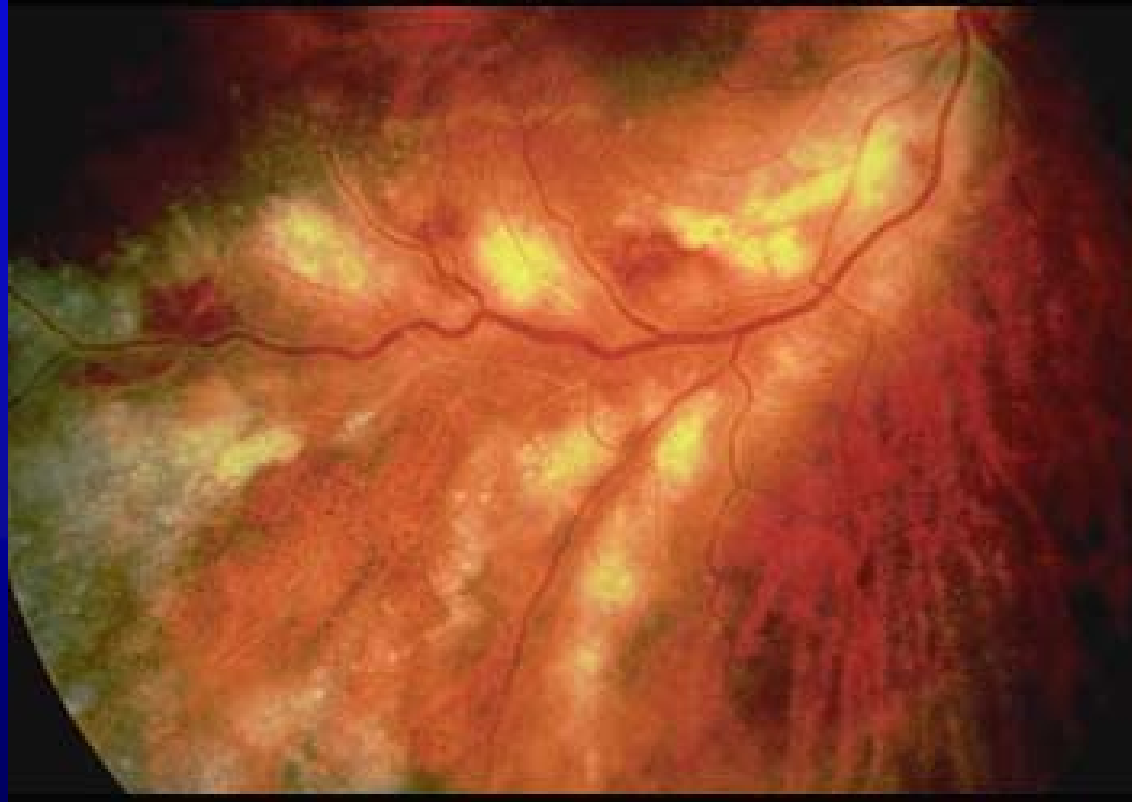
# What are Neurofibromas of Neurofibromatosis

Source- Loyola University Website  
Allan L Markus- St. Joseph's Hospital

Topic XI 300 Answer

Go To Double  
Quizitor

This fundus  
found on this  
cachectic  
comatose man  
brought in with  
track marks on  
his arm is  
consistent with  
what diagnosis?



# CMV Retinitis

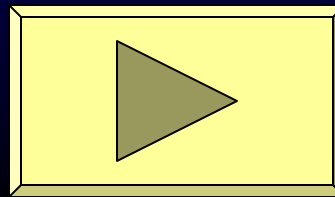
E-medicine.com

Allan L Markus St. Joseph's Hospital

Topic XI 400 Answer

Go To Double  
Quizitor

This doctor was  
an International  
Medical Graduate  
who worked in  
the Baltimore area  
for many years  
but had no HIB  
visa issues.



# Who was Sir William Osler?

He actually attended Medical School in Canada and then moved to Baltimore to teach at Johns Hopkins.

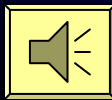
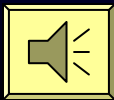
Allan L Markus-St. Joseph's Hospital

Topic XI 500 Answer

Go To Double  
Quizitor

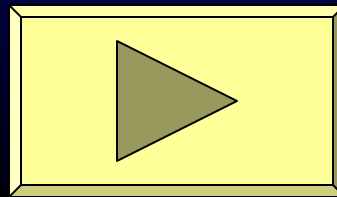
# QUIZITOR FINALS

Generally Speaking	This Joint Ain't jumping	Have You Been Reading?	Oncology	Potpourri
<u>100</u>	<u>100</u>	<u>100</u>	<u>100</u>	<u>100</u>
<u>200</u>	<u>200</u>	<u>200</u>	<u>200</u>	<u>200</u>
<u>300</u>	<u>300</u>	<u>300</u>	<u>300</u>	<u>300</u>
<u>400</u>	<u>400</u>	<u>400</u>	<u>400</u>	<u>400</u>
<u>500</u>	<u>500</u>	<u>500</u>	<u>500</u>	<u>500</u>



Final  
Quizitor

The most common hereditary  
disorder resulting in a prolonged  
bleeding time



# What is Von Willebrand's disease?

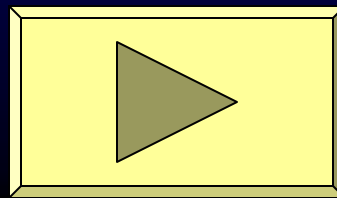
Dr. Robert Ligorsky Associate Dean KCOM

Topic VII 100

Answer

Go To Final  
Quizitor

This cyst of the meibomian gland  
is palpable on the lid as a hard  
nontender nodule.



# What is a chalazion?

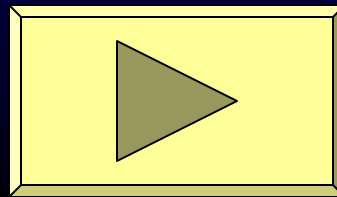
Dr. Jaya Raj- Maricopa Medical

Topic VII 200

Answer

Go To Final  
Quizitor

Use of antibiotics for E.coli  
O157:H7 infectious diarrhea  
increases the risk of this  
complication.



# What is hemolytic-uremic syndrome?

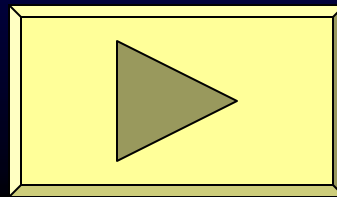
Dr. Jennifer Suriano- University of Arizona Tucson Program

Topic VII 300

Answer

Go To Final  
Quizitor

This single subtype of human papilloma virus has been implicated in almost 50 percent of squamous cell carcinomas of the cervix.

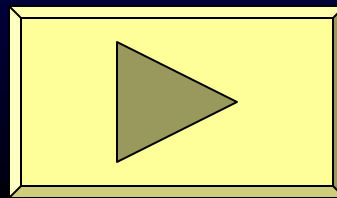


# What is HPV subtype 16?

Lorincz et al. **Human papilloma virus infection of the cervix: relative risk associations of 15 common anogenital types.** *Obstet Gynecol* 1992 Mar; 79(3): 328-37

Dr. John Carment- University of Arizona-Tucson

Required immunization for a patient who plans to go to Saudi Arabia during the “Hajj”



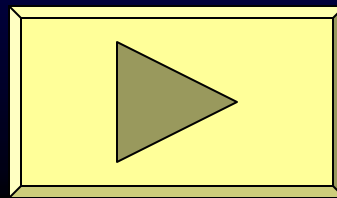
# What is meningococcus vaccination?

Source: Noble textbook of Primary Care- 2001 & the CDC  
Traveler's website for the Mideast

<http://www.cdc.gov/travel/mideast.htm#vaccines>

Dr. Allan L Markus-St. Joseph's Hospital

Heberden's Nodes are  
characteristic findings of  
Osteoarthritis affecting these  
joints.



# What are the DIP joints?

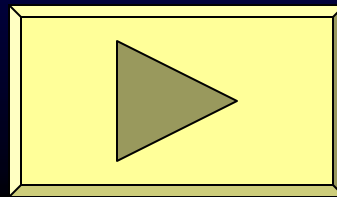
Primer on Rheumatic Disease-12<sup>th</sup> edition  
Dr. Suresh Kumar- St. Joseph's Hospital

Topic VIII 100

Answer

Go To Final  
Quizitor

The most specific antibody test in  
Systemic lupus erythematosus.



# What is double-stranded DNA testing?

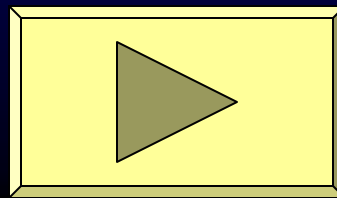
Dr. Eric Mueller- University of Arizona Tucson

Topic VIII 200

Answer

Go To Final  
Quizitor

Disease presenting with fever  
polymorphous rash, bilateral  
conjunctival injection, cervical  
adenopathy, and arthritis/arthralgias  
in children and young adults.  
Mortality is usually due to cardiac  
involvement.



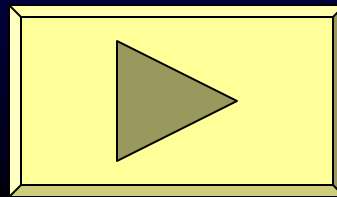
# What is Kawasaki's Disease?

Sources- Primer on Rheumatic Disease 12<sup>th</sup> edition and  
Marx-Rosen's Emergency Medicine 5<sup>th</sup> edition

Drs. Suresh Kumar and Allan L Markus- St. Joseph's Hospital

Of interest, 20-25% of patients develop coronary aneurysms if untreated, which drops to 3-5% if they receive ASA and immunoglobulin treatment. Also MI occurs in 39% of those with persistent aneurysms with a 50% mortality rate.

This is another name for  
myophosphorylase deficiency



# What is McArdle's Syndrome?

Robbins and Cotran:Pathologic Basis of Disease 7<sup>th</sup> edition  
p.168

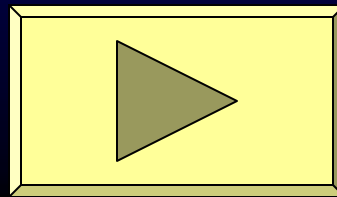
Dr. Eric Mueller- Univ of Arizona Tucson

Topic VIII 400

Answer

Go To Final  
Quizitor

Chrysiasis is a condition caused  
by this.

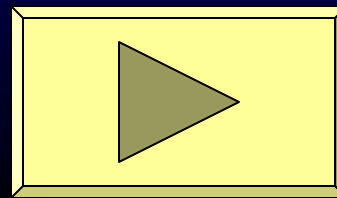


# What is long term gold therapy?

Primer on Rheumatic Disease-12<sup>th</sup> edition pg 222  
Dr. Suresh Kumar- St. Joseph's Hospital

Chrysiasis is the cyanotic hue most apparent on the forehead of patients exposed to long term gold therapy.

In a 6 month study published in the *Annals* on Sept 6<sup>th</sup>, this drug was determined to slightly decrease the risk of exacerbations of COPD

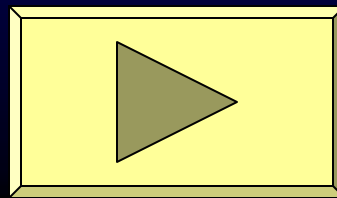


# What is tiotropium?

In the study, 27.9% of tiotropium patients and 32.3% of placebo patients experienced 1 or more COPD exacerbations. The patients had moderate to severe COPD and had 1829 patients from the Veteran's Healthcare System.

Allan L Markus-St. Joseph's Hospital

In patients with Fibromyalgia,  
this therapy was found to be no  
better than a “sham”



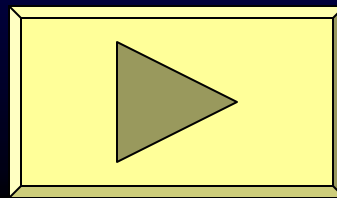
# What is acupuncture?

Source: Assefi et al “Randomized Clinical Trial of  
Acupuncture Compared with Sham Acupuncture in  
Fibromyalgia”

Annals of Internal Medicine 5 July 2005 143(1) p. 10-19

Dr. Allan Markus- St. Joseph’s Hospital

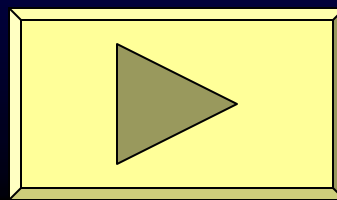
In a recent trial in Tanzania, this drug was found to be just as efficacious as Penicillin for both latent and primary syphilis.



# What is Azithromycin at a 2 gm oral one time dosage?

Riedner et al. "Single-Dose Azithromycin versus Penicillin G Benzathine for the Treatment of Early Syphilis" NEJM 353(12) p. 1236-1244

An article in the NEJM in July 2005 confirmed that these type of patients should receive Beta-blockers, but not others. It changed our way of “operating” in medicine.



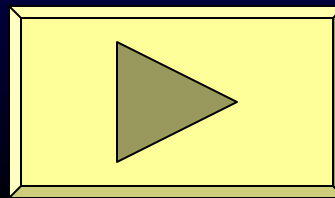
# What are high risk perioperative patients?

Source: Lindenauer et al. “Perioperative Beta-Blocker Therapy and Mortality after Major Noncardiac Surgery”  
NEJM 353(4) p. 349-361

Allan L Markus-St. Joseph’s Hospital

In the article they showed a 42% decrease mortality in the high risk patients but no benefit and possible harm to those in the low risk groups

This treatment prevented the development of diabetes better than even Metformin or placebo in patients with the Metabolic Syndrome



# What is lifestyle change?

Orchard et al. “The Effect of Metformin and Intensive Lifestyle Intervention on the Metabolic Syndrome: The Diabetes Prevention Program Randomized Trial”, Annals of Internal Medicine 142(8), April 19, 2005

Dr. Allan L Markus-St. Joseph’s Hospital

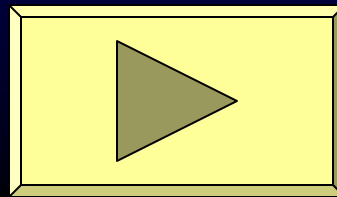
Of interest, exercise meant 150 minutes per week, diet shooting for 7% weight loss. The results show a decrease in the development of the Metabolic Syndrome in those who were negative at the beginning of the trial by 41% with lifestyle and 17% in the Metformin group

Topic IX 500 Answer

Go To Final  
Quizitor

This cancer's prognosis is linked  
to its Gleason score.

Topic X 100 Question



# What is prostate cancer?

Source: UptoDate 2005

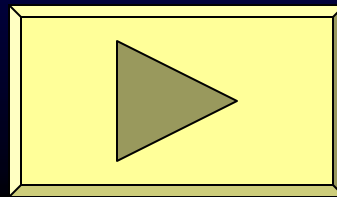
Allan L Markus- St. Joseph's Hospital

The score represents primary and secondary score each from 1-5 from well differentiated to poorly differentiated, making a combined score from 2-10.

Topic X 100 Answer

Go To Final  
Quizitor

Chronic Granulocytic or  
Myelogenous Leukemia is  
characterized by this genetic  
mutation.



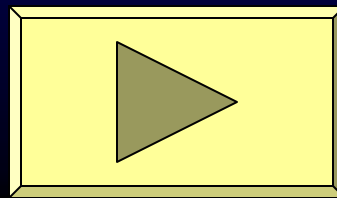
# What is the Philadelphia Chromosome or translocation of chromosomes 9,22 on the BCR/ABL gene?

Abeloff: Clinical Oncology 3<sup>rd</sup> edition  
Dr. Robert Ligorsky Kirksville COM

Topic X    200    Answer

Go To Final  
Quizitor

Of the three most common tumor types to cause brain metastasis, these tumors are the most likely to cause intracerebral bleeding.



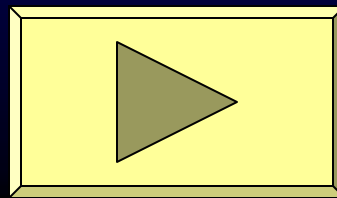
# What is malignant melanoma?

Source- Abeloff: Clinical Oncology 3<sup>rd</sup> edition  
Allan L Markus- St. Joseph's Hospital

Of note the most common causes include Lung 40-50%, breast cancer 15%, melanoma 10%, unknown primary 5-10% with renal cell, colorectal, and gynecological cancers following.

Of those that bleed the most common are melanoma, renal cell, and choriocarcinoma.

# The antibodies found in association with paraneoplastic cerebellar degeneration



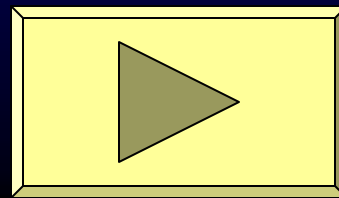
# What are Anti-Yo antibodies AKA Anti-Purkinje Ab?

Source: Abeloff-Clinical Oncology 3<sup>rd</sup> edition  
Allan L Markus- St. Joseph's Hospital

Topic X    400    Answer

Go To Final  
Quizitor

Treatment and route associated with a 70-80% complete response for carcinoma in situ of the bladder and decreased cystectomy rate when used with TUR for early stage cancers. It requires an intact immune system.



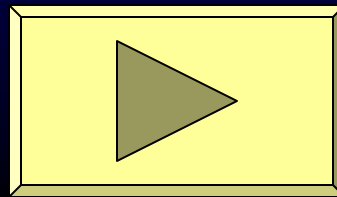
# What is BCG vaccine given intravesically?

Source: Abeloff-Clinical Oncology 3<sup>rd</sup> edition  
Allan Markus-St. Joseph's Hospital

Topic X    500    Answer

Go To Final  
Quizitor

This clotting factor deficiency is associated with Acute Warfarin Skin Necrosis.



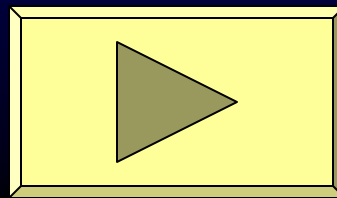
# What is Protein C deficiency?

Hoffman: Hematology Principles and Practice 4<sup>th</sup> ed 2005 p.  
1989

Dr Priya Radhakrishnan-St. Joseph's Hospital

Occurs in .01 to .1% of patients on Coumadin. High risk is based on balance between procoagulant and anticoagulant Vit K factors that are affected by Coumadin especially in those with deficiency of Protein C.

This syndrome consisting of diplopia, ptosis, and proximal muscle weakness is also associated with RA, SLE and pernicious anemia (5%) and thyroid abnormalities (10%) as well.



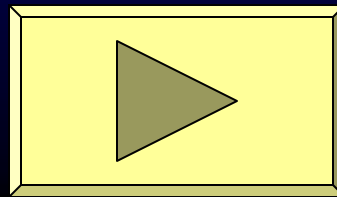
# What is Myasthenia Gravis?

Source: Rakel Conn's Current Therapy 2005 57<sup>th</sup> edition  
Dr. Allan L Markus- St. Joseph's Hospital

Topic XI 200 Answer

Go To Final  
Quizitor

This liver disease is associated  
with Porphyria cutanea tarda.



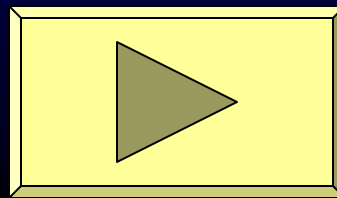
# What is Hepatitis C?

UptoDate 2005

Drs. Jennifer Sunano- U of A Tucson and Priya  
Radhakrishnan- St. Joseph's Hospital

Must be a good question, both doctors came up with it  
separately....

The diagnosis for a patient with HIV presenting with a CD4 count of 20, fever, hypoxia, AND a clear chest x-ray.



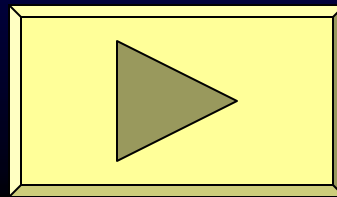
# What is cytomegalovirus?

Source: Harrison's 16<sup>th</sup> edition p. 1050-51  
Dr. Howard Shulman- Midwestern

Topic XI 400 Answer

Go To Final  
Quizitor

Lord Jeffrey Amherst, Commanding General of the British Forces during the French and Indian Wars in the 1700's is reported to have used germ warfare against Indian tribes by exposing them to blankets contaminated with this agent of bioterrorism.



# What is Smallpox?

Source:

[http://www.nativeweb.org/pages/legal/amherst/lord\\_jeff.html](http://www.nativeweb.org/pages/legal/amherst/lord_jeff.html)

Drs. Richard Blinkhorn and Allan Markus- St. Joseph's  
Hospital

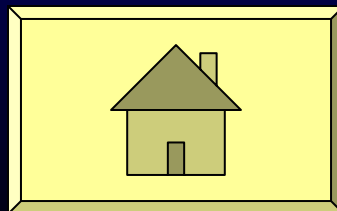
Topic XI 500 Answer

Go To Final  
Quizitor

# Tie Breaker #1

The bite of this bug transmits  
Chagas Disease.

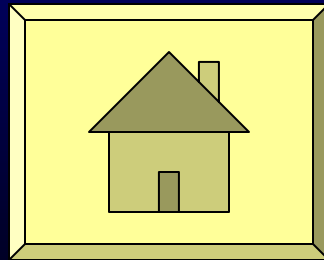
What is the Reduviid  
Bug?



## Tie Breaker #2

This disease is characterized by the triad of rheumatoid arthritis, leukopenia, and splenomegaly.

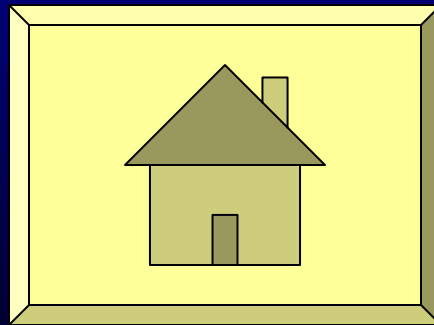
What is Felty's Syndrome?



## Tiebreaker #3

Streptococcus bovis bacteremia is strongly associated with this GI disorder.

What is adenocarcinoma of the colon?



# Credits

Produced by Oregon Health Sciences University  
Department of Internal Medicine

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Can be given where it is due.

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