

QUICK HITS

WOMEN'S HEALTH

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1

Disclosure

- No financial disclosure.

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2

1. The involuntary loss of urine is a common complaint affecting over 50 % of adult women, leading to a decreased quality of life, multiple comorbidities and an increased risk of all-cause mortality in institutionalized frail elderly women. Which one of the following statements is false:

- A. The US FDA does not approve any medication for the treatment of stress urinary incontinence.
- B. FDA approved medications for the management of urge incontinence include antimuscarinics and mirabegron.
- C. Vaginal estrogens are FDA approved for the treatment of urge incontinence.
- D. The American Urogynecologic Society does not recommend cystoscopy, urodynamics or diagnostic renal and bladder ultrasonography in the initial workup of uncomplicated patients with overactive bladder symptoms.

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3

2. The diagnosis and management of pelvic inflammatory disease is dynamic in part due to the increased recognition of pathogens and increasing resistance to antibiotics. Which one of the following statements is true:

- A. The use of IUD's for contraception for greater than 3 weeks (prolonged use) leads to an increased risk of pelvic inflammatory disease.
- B. Randomized clinical trials (RCT) and consensus guidelines show an increase in rates of sexually transmitted infections (STI's) with patient delivered or expedited partner therapy.
- C. The damage to epithelium caused by Mycoplasma genitalium, Gardnerella vaginalis and Ureaplasma urealyticum allows organisms to ascend into the upper genital tract.
- D. Delaying treatment by even two to three days increases the risk of infertility and ectopic pregnancy nearly three-fold.

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4

3. Hirsutism is the excessive growth of terminal hair in a typical male pattern in women. The use of the modified scoring system, Ferriman-Gallwey, assists in the clinical diagnosis of severity. History of the rate of progression, menstrual history, associated symptoms, ethnicity and family history along with appropriate laboratory studies are essential in securing a correct diagnosis. Which one of the following statements is false:

- A. The modified Ferriman-Gallwey scoring system rates nine androgen sensitive body areas and is not affected by race and ethnicity.
- B. Over 95 % of females with hirsutism have one of three diagnoses, PCOS (polycystic ovary disease), Idiopathic Hyperandrogenism or Idiopathic Hirsutism.
- C. The rapid onset of hirsutism in a few months with virilization is a red flag for androgen secreting tumors. More than 50 % of these tumors are malignancies of the ovaries or adrenals.
- D. Pregnancy safety risks are unknown with the use of Eflornithine (Vaniqa) compared with other medications for the treatment of hirsutism.

AFP: Vol. 100, No. 3, August 1, 2019, pp. 168- 175.

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5

4. Pregnancy testing should be performed in all cases of amenorrhea. Other hormonal tests are useful and can lead to a correct diagnostic cause. Examples of this include all but one of the following:

- A. Congenital adrenal hyperplasia: high 17-OHP (17-hydroxyprogesterone), high testosterone with low DHEA-s (dehydroepiandrosterone-sulfate).
- B. Polycystic ovary syndrome: normal 17-OHP, high normal DHEA-s and high or high normal testosterone.
- C. Menopause: low AMH (anti-Mullerian hormone) and high FSH (follicle stimulating hormone).
- D. Functional hypothalamic amenorrhea: high AMH, low normal prolactin.

AFP: Vol. 100, No. 1, July 1, 2019, pp. 39- 48.

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6

5. Only 2% of women develop Bartholin duct cysts or Bartholin gland abscesses. The true statement regarding the differential diagnoses and treatment of these conditions are:

- A. Bartholin duct cysts are usually bilateral, along the lower vaginal vestibule and asymptomatic if small.
- B. Bartholin gland abscess is only unilateral, along the lower vaginal vestibule and swollen, painful and erythematous.
- C. Only 5% of vulvar cancers arise in the Bartholin gland/duct and are either adenocarcinomas or squamous carcinomas. They usually occur in women over 40 years of age but in younger women are related to HPV type 16 infection.
- D. The most effective treatment of Bartholin gland abscess is aspiration or better yet incision and drainage.

AFP: Vol. 99, No. 12, June 15, 2019, pp. 760- 766.

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7

6. 3% of all adult female office visits are due to three common breast problems, breast mass, mastalgia and nipple discharge. After completing a detailed history and thorough breast exam without findings of a breast mass on a 50 year old woman complaining non-cyclic mastalgia, the best approach to her case is:

- A. If her pain is focal, you advise her that it is most likely a malignancy and ultimately requires a biopsy.
- B. If her pain is focal, you send her for targeted ultrasound and diagnostic mammography.
- C. If her pain is non-focal and importantly no risk factors, you do not order imaging studies.
- D. If her pain is non-focal, you initiate tamoxifen therapy.

AFP: Vol. 99, No. 8, April 15, 2019, pp. 505- 514.

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8

7. A 20 year old Gravida 1 patient presents with new onset headache at 28 weeks gestation. Which one of the following approaches is not appropriate:

- A. Perform a detailed history, physical exam with special attention to neurologic exam, blood pressure and urine for protein.
- B. If you find focal neurologic signs and symptoms, order an immediate neurologic consultation with a shielded non-contrast head CT scan.
- C. If you diagnose a migraine headache and she does not respond to sumatriptan administer dihydroergotamine.
- D. If you find her neck is stiff and passive movement painful, order a shielded non-contrast CT scan, and if CT is normal, order a lumbar puncture for spinal fluid analysis.

AFP: Vol. 98, No. 9, Nov. 1, 2018, pp: 595- 602.



9

8. Breastfeeding is universally accepted as the optimal source of infant nutrition. True statements regarding breastfeeding include all but one of the following:
- A. A meta-analysis of 17 studies in 2015 found that breastfed infants performed better than non-breastfed infants on IQ testing later in life even correcting for maternal IQ.
 - B. The Promotion of Breastfeeding Intervention Trial (PRO-BIT) found breastfeeding confers upon breastfed infants a decreased risk of atopic dermatitis and intestinal gastroenteritis.
 - C. PRO-BIT confirmed that breastfeeding protects breastfed infants against respiratory tract infections, obesity and hypertension.
 - D. The maternal health benefits of breastfeeding include a decreased risk of breast and ovarian cancers, cardio-metabolic disease and postpartum depression.

AFP: Vol. 98, No. 6, Sept. 15, 2018, pp: 368- 373.



9. Specific conditions for the use of long-acting reversible contraception include all but one of the following:
- A. Current or past breast cancer: may use Copper IUD.
 - B. Distorted uterine cavity: do not use Copper IUD or Progestin IUD.
 - C. Endometrial cancer: do not use implant.
 - D. Malignant hepatoma: may use Copper IUD.

AFP: Vol. 98, No. 5, Sept. 1, 2018, pp: 304- 309.



10. Cervical cancer causes 7% of all cancer deaths worldwide with 85% occurring in developing countries due to ineffective or absent screening. Which one of these statements is false:
- A. The use of the PAP tests in the US has reduced cervical cancer deaths by 50 % from 1930 to 2012.
 - B. Annual cervical cancer screening is no longer recommended for the average risk women of any age.
 - C. There are approximately 12 HPV types other than types 16 and 18 that account for 25% of cervical cancers.
 - D. HPV types 16 and 18 are the most oncogenic types and are responsible for up to 75% of cervical cancers.

AFP: Vol. 97, No. 7, April 1, 2018, pp: 441- 448.



11. There are 13,000 new cases of cervical cancer in the United States with 4,000 deaths annually. Which statement is true:

- A. Disease staging including lymph node involvement are the most valuable prognostic factors and guide therapeutic options.
- B. HPV is detected in 99.7% of squamous and adenocarcinomas of the cervix.
- C. Use of adjuvant platinum-based chemo-radiation after surgery for early cervical cancer (stage IA2 to IIA) with risk factors for recurrence reduces mortality.
- D. All the above.

AFP: Vol.97, No. 7, April 1, 2018, pp: 449- 454.



12. Various treatments for menopause remain controversial. Which one of the following statements is not true:

- A. No evidence exists that low dose vaginal estrogen increases the risk of breast cancer recurrence.
- B. The Women's Health Initiative trial showed a significant increase for breast cancer and thromboembolic disease but a decreased risk for hip fracture.
- C. The most effective FDA approved treatment for menopausal heat flashes is estrogen alone or estrogen in combination with progesterone.
- D. There is high quality and consistent evidence that alternative therapies (black cohosh, botanical products, omega 3-fatty acid supplements and dietary Chinese herbs) are more beneficial than placebo in the treatment of menopausal hot flashes.

AFP: Vol. 94, No. 11, Dec. 1, 2016, pp: 884- 889.



THE END


