

South Zone Yuva Fogs Quiz 2023- BSOG Round

Topic- NCDs in and outside pregnancy

Date: 25.2.23

100 marks

Dear participants, Welcome to the FOGSI Quiz 2023!

All questions to be answered in 30 minutes. Scratching and overwriting will get a negative marking even if the final answer is right. **Each correct answer gets 2 marks and a wrong one gets a negative marking of minus 1.** The top 2 scorers will represent BSOG in South Zone Yuva FOGSI Quiz 2023 in Calicut on 10-12 March, 2023. The candidates who get the 3rd and 4th position will represent BSOG in KSOGA Quiz. The venue and dates will be intimated later.

Happy Quizzing!!!

Circle the correct answer – 2 marks each (60 marks)

1. Regarding DELTA hypertension, all are correct except

- a. Sudden increase in MAP in third trimester
- b. BP may be normal or <140/90mmHg
- c. Can lead to severe maternal complications
- d. Usually subsides and needs no treatment

2. Retinal changes in PE are similar to

- a. Hypertensive retinopathy without atherosclerosis
- b. Diabetic retinopathy
- c. Retinopathy of prematurity
- d. Hypertensive retinopathy with atherosclerosis

3. A clinical predictive model, the PIERS model (Preeclampsia Integrated Estimate of Risk), can predict the likelihood of a composite severe adverse maternal outcome. Which variable is not part of this model?

- a. Maternal age
- b. Chest pain
- c. Dyspnoea
- d. Serum creatinine

4. In screening for pre-eclampsia using ultrasound in the 1st trimester, which Doppler index is preferred?

- a. Resistance index (RI)
- b. Systolic/Diastolic ratio (S/D Ratio)
- c. Pulsatility index (PI)
- d. Presence of Uterine artery notching

5. Hypothyroidism in pregnancy is least likely to be associated with

- a. Miscarriage
- b. Preeclampsia
- c. Polyhydramnios
- d. Placental abruption

6. When changing over from Methimazole to Propylthiouracil, the following dose ratio has to be followed:

- a. 1:30
- b. 2:25
- c. 1:20
- d. 1:50

7. Women with epilepsy are at increased risk for all these complications except

- a. Preeclampsia
- b. PTL
- c. FGR
- d. GDM

8. A woman on Carbamazepine requests contraception for 3-4 years. The ideal contraceptive for her is

- a. Cu IUCD
- b. COC
- c. POP
- d. Condoms

9. Maternal obesity may affect long-term offspring outcomes as a result of epigenetic changes induced by fetal exposure during development to increased levels of all except

- a. Glucose
- b. Insulin
- c. Lipids
- d. Steroids

10. Fetal origin of adult disease theory was propounded by

- a. Freinkel
- b. Barker
- c. Pederson
- d. O'Sullivan

11. According to the WHO Classification of BMI for Asians, Obesity is defined as a BMI above

- a. 24.5 kg/m²
- b. >25 kg/m²
- c. 30 kg/m²
- d. 35 kg/m²

12. Obstructive Sleep Apnoea associated with Maternal obesity is associated with an increased incidence of all except

- a. GDM
- b. Preeclampsia
- c. **FGR**
- d. Respiratory Depression with Neuraxial Analgesia

13. Pregnant people with obesity are at increased risk for having a fetus with any of the following congenital anomalies except

- a. Neural tube defects (NTDs)
- b. **Gastroschisis**
- c. Orofacial defects
- d. Limb reduction abnormalities

14. Following Bariatric surgery, the following bowel complications have been observed except

- a. Internal herniation
- b. Bowel intussusception
- c. Intestinal obstruction
- d. **Ileal perforation**

Only gastric or Jejunal perforations are seen

15. The prevalence of this is increased in pregnancy, as well as after RYGB bariatric surgery, especially during the period of rapid weight loss

- a. **Cholelithiasis**
- b. Appendicitis
- c. Mesenteric adenitis
- d. Renal calculus

16. All These factors can affect age of menopause except

- a. Smoking
- b. Low panty
- c. Socio -economic status
- d. Alcohol

17. Systemic MHT is indicated in the management of

- a. GSM
- b. Cardiovascular disease
- c. Vasomotor symptoms
- d. Dementia

18. ADA recommends screening for Diabetes mellitus in asymptomatic adults at the age of

- a. 40 yrs
- b. 35 yrs
- c. 45 yrs
- d. 50 yrs

19. ACOG recommends which of the following tests in screening for hyperglycemia in pregnancy

- a. One step
- b. Fasting blood sugar
- c. Two step
- d. RBS

20. All of the following are second line antitubercular drugs except

- a. Thiacetazone
- b. Ethionamide
- c. Capreomycin
- d. Pyrazinamide

21. Acute MI occurs most often in the

- a. 1st & 2nd Trimesters
- b. 3rd Trimester
- c. During labour
- d. Postpartum period

22. Maternal cardiac risk can be assessed by the following scores. Choose the wrong one.

- a. WHO Score
- b. ZAHARA Score
- c. CARPREG Score
- d. CARMAT Score

23. Major cause of death in patients with MI who survive the first few hours:

- a. Cardiac failure
- b. Arrhythmias
- c. Multiorgan Failure
- d. Pulmonary edema

24. Common causes of chronic renal failure are all except

- a. Diabetes mellitus
- b. Hypertension
- c. Glomerular diseases
- d. Interstitial cystitis

25. The best time for a breast examination or a mammogram is

- a. Any time of the cycle
- b. Following the period or EPT induced bleeding
- c. At the time of ovulation
- d. Premenstrual

26. Criteria to diagnose metabolic syndrome include all the following except

- a. Hypertension 130/85mmHg
- b. High triglyceride level 150mg/dl or more
- c. Fasting glucose 110mg or higher
- d. LDL cholesterol more than 100mg/dl

27. Mechanism of action of Bisphosphonates is by

- a. Direct stimulation of osteoblastic activity
- b. Inhibition of bone resorption and promotion of apoptosis of osteoclasts
- c. Both A and B
- d. Increasing collagen synthesis

28. Third generation SERM or selective estrogen receptor modulator which can be combined with estrogen to treat osteoporosis

- a. Teriparatide
- b. Abaloparatide
- c. Calcitonin
- d. **Bazedoxifene**

29. Rank-L inhibitor used in osteoporosis

- a. Calcitriol
- b. **Denosumab**
- c. Ospemifene
- d. Ibandronate

30. Framingham Risk assessment tool for estimating a patient's risk of developing cardiovascular disease includes all except:

- a. Total Cholesterol
- b. Age
- c. H/o Smoking
- d. **Diastolic blood pressure**

State True or False - 2 marks each (20 marks)

1. TSH levels are directly proportional to BHCG levels in a normal pregnancy **F Inversely proportional.**

2. Iodine deficiency is the leading cause of preventable intellectual deficits. **T**

3. PCOS is associated with an increased risk of cervical insufficiency. **T (probably due to increased Relaxin levels that weaken the cervical collagen matrix).**

4. Monozygotic twinning is more common in obese women. **F Dizygotic twinning is more common**

5. The incidence of FGR is higher in Restrictive bariatric surgery than in Malabsorptive type. **F**
6. The highest risk for maternal death exists when MI occurs in the late third trimester. **T**
7. 63-year-old woman who underwent coronary artery bypass grafting should receive MHT in order to prevent future coronary events. **F**
8. Levonorgestrel IUS can be inserted for additional effect after TCRE or transcervical resection of endometrium. **F** The synechiae caused will embed the IUD making it difficult to remove
9. The Gail Index is widely used to estimate long term Breast cancer risk in women. **T**
10. Age at Menopause is more important than BMI in determining Fracture risk. **T**

Expand the following Acronyms - 2 marks each (10 marks)

1. SELDI-TOF: **Surface Enhanced Laser Desorption Ionization Time Of Flight**
2. TSEC: **Tissue Specific Estrogen Complex**
3. GIOP: **Glucocorticoid Induced Osteoporosis**
4. OSTA: **Osteoporosis Self-assessment Tool for Asians**
5. SUDEP: **Sudden Unexplained Death in Epileptic Patient**

Match the following - 2 marks each (10 marks)

- | | |
|-----------------|---|
| a. Ibandronate | 1. STEAR (Selective Tissue Estro Activity Regulator) b |
| b. Tibolone | 2. SERM e |
| c. Teriparatide | 3. Progestogen d |
| d. Megestrol | 4. Recombinant PTH c |
| e. Raloxifene | 5. Bisphosphonate a |
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