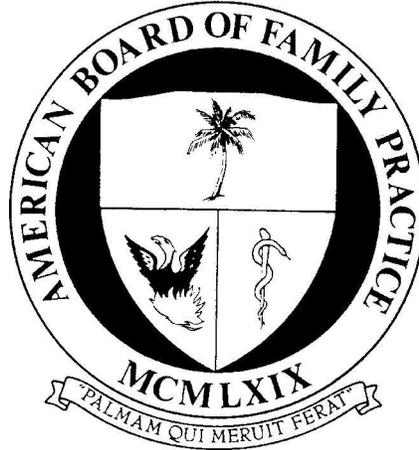


Name _____

American Board of Family Practice



IN-TRAINING EXAMINATION BOOK I: MULTIPLE-CHOICE QUESTIONS TIME-3 HOURS

*Read the instructions on the back first.
Do not break the seal until you are told to do so.*

*** **SAMPLE** ***

1. Write your name in the blank at the top of the page.
2. Record your Program Number, Resident Number, and Residency Year on the answer sheet, as shown in the sample on the right. Be sure to fill in both the boxes and the circles.

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1. A 17-year-old white female visits you for a physical examination prior to entering college. During the review of systems her only complaint is cyclic lower abdominal cramps around the onset of menstruation. She reports that pain has been present to some degree with most of her periods since about 6 months after menarche. The pain is often severe enough for her to miss school. Each episode lasts 24–48 hours and is somewhat relieved by rest and acetaminophen. Her menstrual history is otherwise normal. She denies ever being sexually active and tells you that she has received little empathy from her mother, who had similar symptoms as an adolescent that improved after her first pregnancy.

Pelvic and rectal examinations are within normal limits. Which one of the following management choices would be appropriate at this time?

- A) Referral for hysterosalpingography
 - B) Referral for psychological counseling
 - C) Danazol (Danocrine)
 - D) Acetaminophen/hydrocodone (Vicodin HP)
 - E) Naproxen sodium (Anaprox)
2. A full-term newborn, born 72 hours ago, is noted to be jaundiced. The pregnancy was uneventful and the delivery uncomplicated. The mother has type A-positive blood and the child has type O-positive. The child is breastfed and has lost 9 ounces from a birth weight of 8 lb. He is feeding for 20 minutes every 4 hours, and except for being icteric, has a normal examination.

Laboratory evaluation reveals a total serum bilirubin level of 16 mg/dL (N 1.4–8.7), with a conjugated bilirubin level of 1.0 mg/dL. His hemoglobin level is 17.8 g/dL (N 13.4–19.8), his hematocrit is 55% (N 41–65), and his reticulocyte count is 3% (N 3–7).

Appropriate management would include

- A) phototherapy
 - B) exchange transfusion
 - C) blood cultures and antibiotic therapy
 - D) dextrose and water supplementation
 - E) a recommendation to increase feedings to 10 times a day
3. The results of a given study are reported as achieving significance at a p-value of <0.05 (the 5% level). True statements about this finding include which one of the following?
- A) There is a 5% likelihood of the results having occurred by chance alone
 - B) If the study were replicated 100 times, 95 studies would repeat this finding and 5 would not
 - C) The confidence interval is 0%–10%
 - D) The null hypothesis has a 5% chance of being true
 - E) The α or type II error is $<5\%$

4. Which one of the following can be used in both adults and children for up to 8 weeks as daily prophylaxis during an influenza outbreak?
- A) Acyclovir (Zovirax)
 - B) Azithromycin (Zithromax)
 - C) Oseltamivir (Tamiflu)
 - D) Intranasal influenza vaccine (FluMist)
 - E) Amantadine (Symmetrel)
5. Which one of the following sleep disorders is in the general class of circadian sleep disorders and may respond to bright-light therapy?
- A) Shift-work insomnia
 - B) Alcohol-dependent sleep disorder
 - C) Inadequate sleep hygiene
 - D) Sleep-related myoclonus
6. A 72-year-old white female who is otherwise healthy complains of occasional incontinence. She reports that this occurs mainly at night when she awakens with an intense desire to void, and by the time she is able to get to the bathroom she has “wet herself.”
- The most likely diagnosis is
- A) sphincter incompetence
 - B) detrusor instability
 - C) detrusor hypotonia
 - D) uninhibited neurogenic bladder
7. You discover a 10-cm enlarging hematoma adjacent to the episiotomy site in a patient whose baby you delivered 6 hours ago. The best management at this time is
- A) a perineal pad and cold compresses
 - B) removal of the sutures and clots, and reclosure
 - C) hypogastric artery ligation
 - D) needle aspiration of the hematoma
8. Which one of the following is the most common risk factor for retinal detachment?
- A) Posterior detachment of the vitreous
 - B) Hyphema
 - C) Glaucoma
 - D) Cataract surgery
 - E) Diabetic retinopathy

9. A 13-year-old white female reports a 6-month history of intermittent abdominal cramping, with each episode becoming progressively worse. Based on her history, there is no obvious relationship to eating, voiding, or defecating. She reports that she has not yet begun menstruating and is not sexually active. Her weight has been stable. She appears to be in mild emotional distress about being “the last girl in her class to have a period.” She is in no physical discomfort and her vital signs are normal. Secondary sexual characteristics appear to be developing normally. She is in the 57th percentile for height and the 65th percentile for weight. A complete physical examination confirms your presumptive diagnosis.

The therapeutic procedure of choice would be

- A) appendectomy
 - B) colonoscopy
 - C) hymenotomy
 - D) cystoscopy
 - E) paracentesis
10. The treatment of choice for a 4-month-old infant with suspected pertussis is
- A) supportive care (respiratory, fluids) only
 - B) ceftriaxone (Rocephin)
 - C) ampicillin
 - D) gentamicin (Garamycin)
 - E) erythromycin
11. Which one of the following has been shown to reduce the risk of falls in the elderly?
- A) Vitamin D
 - B) Amitriptyline (Elavil)
 - C) Haloperidol (Haldol)
 - D) Lorazepam (Ativan)
 - E) Procainamide (Pronestyl)
12. Of the following, which one is the most effective treatment for bulimia nervosa?
- A) Fluoxetine (Prozac)
 - B) Buspirone (BuSpar)
 - C) Prochlorperazine (Compazine)
 - D) Omeprazole (Prilosec)
 - E) Metoclopramide (Reglan)

13. You are evaluating a 25-year-old gravida 5 para 1 at 6 weeks estimated gestation. She has a history of three consecutive spontaneous miscarriages. Her workup has been negative except for a positive lupus anticoagulant on two occasions, separated by 6 weeks. You make the diagnosis of antiphospholipid antibody syndrome. She has no previous history of venous or arterial thrombosis.

The best medical management at this time is

- A) acetaminophen
- B) warfarin (Coumadin)
- C) prednisone
- D) aspirin and heparin combined
- E) progesterone

14. The Health Insurance Portability and Accountability Act (HIPAA)

- A) sets a federal minimum on the protection of privacy
- B) requires that privacy notices be acknowledged and signed at each office visit
- C) allows the patient to inspect and obtain a copy of his/her record without exception
- D) requires privacy notices prior to giving emergency care

15. Which one of the following is the most common cause of visual loss in children?

- A) Iritis
- B) Glaucoma
- C) Amblyopia
- D) Eye trauma
- E) Conjunctivitis

16. A 57-year-old African-American female has a partial resection of the colon for cancer. The surgical specimen has clean margins, and there is no lymph node involvement. There is no evidence of metastasis.

You recommend periodic colonoscopy for surveillance, and also plan to monitor which one of the following tumor markers for recurrence?

- A) Prostate-specific antigen (PSA)
- B) Cancer antigen 27.29 (CA 27-29)
- C) Cancer antigen 125 (CA-125)
- D) Carcinoembryonic antigen (CEA)
- E) α -Fetoprotein

17. A 36-year-old white female presents with the chief complaint of infertility associated with a history of a menstrual period every 3–4 months since menarche at age 12. The physical examination is normal except for moderate obesity, acne, and coarse facial hair.

A urine hCG is negative. Further evaluation to confirm your diagnosis of polycystic ovary syndrome will most likely reveal

- A) elevated testosterone
- B) low FSH and LH
- C) markedly elevated prolactin
- D) elevated 17-hydroxyprogesterone
- E) elevated TSH

18. Children under 1 year of age should not be given honey because of possible contamination with which one of the following?

- A) *Staphylococcus aureus*
- B) *Clostridium botulinum*
- C) *Clostridium difficile*
- D) *Escherichia coli*
- E) Hepatitis A

19. A 79-year-old white male with a previous history of prostate cancer has a lumbar spine film suggesting osteopenia. Subsequent bone density studies show a T score of -2.7 .

Which one of the following would be appropriate therapy?

- A) Testosterone
- B) Calcitonin nasal spray (Micalcin)
- C) Raloxifene (Evista)
- D) Alendronate (Fosamax)

20. Which one of the following is the most effective drug for the treatment of alcohol dependence?

- A) Disulfiram (Antabuse)
- B) Diazepam (Valium)
- C) Amitriptyline (Elavil)
- D) Fluoxetine (Prozac)
- E) Naltrexone (ReVia)

21. A 45-year-old white male presents with severe intermittent right flank pain that radiates into his right groin area. You suspect a ureteral stone.

Which one of the following would most reliably confirm your suspected diagnosis?

- A) A helical CT scan of the abdomen and pelvis without contrast
- B) Intravenous pyelography
- C) Abdominal ultrasonography
- D) A KUB plain film of the abdomen
- E) A urinalysis

22. An 83-year-old male has a long history of COPD. His resting oxygen saturation is 86% on room air. Treatment includes oral bronchodilators, inhaled corticosteroids, inhaled β -agonists, inhaled cholinergics, and home oxygen.

Which one of his treatments has been shown to prolong survival in cases such as this?

- A) Oral bronchodilators
- B) Inhaled corticosteroids
- C) Inhaled β -agonists
- D) Inhaled cholinergics
- E) Home oxygen

23. A 15-year-old white male is being evaluated after a fall down one flight of stairs. He was transported by the local rescue squad with his cervical spine immobilized. He walked briefly at the scene and did not lose consciousness. His only complaint is a mild, generalized headache. One episode of vomiting occurred shortly after the accident. No weakness or numbness has been noted. Vital signs, mental status, and neurologic findings are normal. Radiologic evaluation of the cervical spine is remarkable only for an air-fluid level in the sphenoid sinus.

Which one of the following abnormalities is most likely to be associated with this radiologic finding?

- A) A basilar skull fracture
- B) An orbital floor fracture
- C) An epidural hematoma
- D) A zygomatic arch fracture
- E) A mandible fracture

24. Which one of the following reverses the effect of warfarin (Coumadin)?

- A) Vitamin A
- B) Vitamin C
- C) Vitamin D
- D) Vitamin E
- E) Vitamin K

25. A 78-year-old Hispanic male comes to see you after attending a health fair. He is concerned because he had a prostate-specific antigen (PSA) level of 5.0 ng/mL (N 0.0–4.0). He has never had his PSA checked before.

His medical history is significant for class IV heart failure treated with furosemide (Lasix), enalapril (Vasotec), carvedilol (Coreg), digoxin, and spironolactone (Aldactone). His review of systems is positive for longstanding nocturia and gradually worsening weakness of the urinary stream. His physical examination is noteworthy for bibasilar rales, an S₃ gallop, and moderate lower extremity edema. His prostate is diffusely large and smooth. His urinalysis is unremarkable.

Which one of the following is the most appropriate management for his elevated PSA?

- A) No intervention
 - B) Repeat testing after a course of antibiotics
 - C) Referral for a CT scan or MRI of the pelvis
 - D) Referral for prostate ultrasonography and biopsy
26. Your patient is in the second stage of labor, and you determine that the fetus is in face presentation, mentum anterior. Progress has been rapid and fetal heart tones are normal.

You would now

- A) perform an immediate cesarean delivery
 - B) proceed with midforceps delivery
 - C) anticipate vaginal delivery with close fetal monitoring
 - D) manually convert to vertex presentation
27. A patient with ascites is suspected to have secondary hyperaldosteronism. Which one of the following would be typical levels of electrolytes in an aliquot specimen of urine?
- A) Sodium 2 mEq/L, potassium 40 mEq/L
 - B) Sodium 5 mEq/L, potassium 0 mEq/L
 - C) Sodium 40 mEq/L, potassium 40 mEq/L
 - D) Sodium 80 mEq/L, potassium 2 mEq/L
 - E) Sodium 100 mEq/L, potassium 20 mEq/L

28. Which one of the following antihypertensive agents may help preserve bone mineral density?

- A) Atenolol (Tenormin)
- B) Doxazosin (Cardura)
- C) Enalapril (Vasotec)
- D) Hydrochlorothiazide
- E) Nifedipine (Procardia, Adalat)

29. A 34-year-old white female comes to the office for a Papanicolaou (Pap) test. On a review-of-system checklist, she checks “yes” to depressive symptoms, insomnia, and anxiety. On questioning, she admits to feeling depressed for about 4 months, after a recent job change. She is not suicidal. With probing, she admits that she repeatedly checks her locks and constantly worries about cleanliness; she has been this way “all of her life,” but finds it very time-consuming.

Which one of the following drugs is the best choice for this patient?

- A) Risperidone (Risperdal)
- B) Clorazepate (Tranxene)
- C) Clonazepam (Klonopin)
- D) Imipramine (Tofranil)
- E) Fluoxetine (Prozac)

30. A 74-year-old white male complains of pain in the right calf that recurs on a regular basis. He smokes 1 pack of cigarettes per day and is hypertensive. He has a history of a previous heart attack but is otherwise in fair health.

Which one of the following findings would support a diagnostic impression of peripheral vascular disease?

- A) Pain during rest and exercise and the presence of swelling and soreness behind the knee and in the calf
- B) Pain that begins immediately upon walking and is unrelieved by rest
- C) Doppler waveform analysis showing accentuated waveforms at a point of decreased blood flow
- D) Treadmill arterial flow studies showing a 20-mm Hg decrease in ankle systolic blood pressure immediately following exercise
- E) An ankle-brachial index of 1.15

31. An otherwise healthy 21-year-old primigravida comes to your office for a routine visit at 16 weeks gestation. She has had a normal pregnancy to date, and her only medication is a multivitamin with 0.4 mg folic acid. You order a maternal serum α -fetoprotein level. Adjusted for gestational age, maternal weight, and race, the results are significantly elevated.

Which one of the following would you now recommend?

- A) No further testing
- B) Amniocentesis
- C) A maternal serum hCG level
- D) Fetal ultrasonography
- E) Chorionic villus sampling

32. Which one of the following medications is most effective for restless legs syndrome?

- A) Calcium carbonate
- B) Phenytoin
- C) Hydrochlorothiazide
- D) Ibuprofen
- E) Carbidopa/levodopa (Sinemet)

33. A 68-year-old white female presents to your office and reports that yesterday she had a 20-minute episode of difficulty speaking and weakness of the right side of the face and right arm.

She has never experienced any episodes similar to this in the past and reports her overall health to be excellent. In fact, she tells you that she has not seen a physician since her hysterectomy for fibroids 20 years ago. Her only medication is occasional acetaminophen or ibuprofen for knee pain. Physical examination reveals a blood pressure of 160/90 mm Hg, an irregularly irregular heartbeat with a rate of 90/min, an otherwise normal cardiovascular examination, and a completely normal neurologic examination. Her EKG confirms atrial fibrillation with evidence for left ventricular hypertrophy but no Q waves or ST elevation. You are able to obtain an emergent CT scan of the brain without contrast, which is negative.

Which one of the following is the most appropriate immediate management?

- A) Lowering blood pressure
- B) Antiplatelet therapy with clopidogrel (Plavix)
- C) Anticoagulation with warfarin (Coumadin)
- D) Electrical or chemical cardioversion
- E) An MRI scan of the brain with contrast

34. A 7-year-old male presents with a 3-day history of sore throat, hoarseness, fever to 100° F (38° C), and cough. Examination reveals injection of his tonsils, no exudates, and no abnormal breath sounds.

Which one of the following would be most appropriate?

- A) Recommend symptomatic treatment
- B) Perform a rapid antigen test for streptococcal pharyngitis
- C) Treat empirically for streptococcal pharyngitis
- D) Perform a throat culture for streptococcal pharyngitis
- E) Perform an office test for mononucleosis

35. At a routine visit, a 50-year-old white female with a 10-year history of type 2 diabetes mellitus has a blood pressure of 145/90 mm Hg and significant microalbuminuria. Which one of the following would be an absolute contraindication to use of an ACE inhibitor in this patient?
- A) A previous history of angioneurotic edema
 - B) Renal insufficiency
 - C) Asthma
 - D) A history of recent myocardial infarction
 - E) A cardiac ejection fraction <25%

36. Imiquimod (Aldara) is approved by the FDA for treatment of which one of the following conditions?
- A) External anogenital warts
 - B) Plantar warts
 - C) Flat warts
 - D) Periungual warts
 - E) Molluscum contagiosum

37. A 72-year-old white female is scheduled to undergo a total knee replacement for symptomatic osteoarthritis. She is otherwise healthy, with no history of vascular disease or deep vein thrombosis. She takes no routine medications.

Which one of the following is most appropriate for prophylaxis against deep vein thrombosis?

- A) No prophylaxis if there are no surgical complications
 - B) Aspirin, 325 mg daily
 - C) Unfractionated heparin, 5000 U subcutaneously every 12 hours
 - D) Thigh-high compression stockings
 - E) Enoxaparin (Lovenox), 30 mg subcutaneously every 12 hours
38. An 88-year-old white female nursing-home resident with a primary diagnosis of Alzheimer's disease develops a pattern of behavioral symptoms consisting of significant physical and verbal aggression toward staff and other residents on at least three occasions. In addition, she has experienced hallucinations that have been very stressful to her. After secondary causes have been excluded, you decide to treat her abnormal behavior pharmacologically.

Which one of the following would be the most appropriate choice?

- A) Hydroxyzine (Atarax)
- B) Risperidone (Risperdal)
- C) Donepezil (Aricept)
- D) Alprazolam (Xanax)
- E) Divalproex (Depakote)

39. Hepatitis C screening is routinely recommended in which one of the following?

- A) Pregnant women
- B) Nonsexual household contacts of hepatitis C–positive persons
- C) Health care workers
- D) Persons with a history of illicit intravenous drug use

40. Black cohosh is

- A) a form of herbal licorice with gastrointestinal effects
- B) a botanical medicine used to alleviate menopausal symptoms
- C) a type of toxic hallucinogenic mushroom
- D) a variety of *Cannabis sativa*
- E) a form of dried hashish

41. A 20-year-old single white female who is a patient of yours was raped in her apartment at 7:00 a.m. today. She is brought to your office at 9:00 a.m. for assessment and treatment. Despite having occasional intercourse with her boyfriend, she has never used any type of contraceptive. They last had intercourse approximately 1 week ago, and the boyfriend has been out of town on business since then. The patient has a history of irregular periods, and her last normal period was approximately 2½ weeks ago. You note live sperm on a wet mount. In addition to many other issues that must be addressed at this visit, the patient asks about emergency contraception.

Which one of the following would be accurate advice to the patient regarding this topic?

- A) Emergency contraception does not interfere with an established, post-implantation pregnancy
- B) The estrogen/progestin combination regimen appears to be more effective than the levonorgestrel-only regimen
- C) To be most effective, each dose of the 2-dose regimen should be administered at least 72 hours apart
- D) Fetal malformations have been reported as a result of the unsuccessful use of the high-dose emergency contraceptive regimen

42. Which one of the following is the most appropriate adjunct medication for treating patients with post-traumatic stress disorder?

- A) Alprazolam (Xanax)
- B) Haloperidol (Haldol)
- C) Methylphenidate (Ritalin)
- D) Sertraline (Zoloft)
- E) Temazepam (Restoril)

43. The mother of a toddler presents to your office with questions regarding immunizations for her child. She has read in a popular magazine that immunization for pertussis and measles may predispose to asthma and other atopic illnesses.

When addressing this issue, which one of the following would be appropriate advice?

- A) Pertussis and measles immunizations should be withheld in children with a strong family history of asthma
 - B) Because of the association between pertussis vaccine and atopic disease, an antihistamine should be administered before giving pertussis vaccine
 - C) There is no conclusive evidence that pertussis or measles immunization carries any risk of increased atopic disease
 - D) Measles vaccine should not be administered to any child with a history of urticaria
44. Which one of the following is contraindicated in the treatment of patients with cocaine-induced arrhythmias?
- A) Lidocaine
 - B) Sodium bicarbonate
 - C) Lorazepam (Ativan)
 - D) Verapamil (Calan, Isoptin)
 - E) Metoprolol (Lopressor)

45. A 3-year-old female is brought to your office for evaluation of mild intoeing. The child's patellae face forward, and her feet point slightly inward.

Which one of the following would be most appropriate?

- A) Reassurance
 - B) Foot stretching exercises
 - C) Use of orthotics
 - D) Use of night splints
 - E) Surgery
46. The recommended time to screen asymptomatic pregnant women without risk factors for gestational diabetes is
- A) in the first trimester
 - B) at 16–20 weeks gestation
 - C) at 24–28 weeks gestation
 - D) at 35–37 weeks gestation

47. Sleep apnea is known to be associated with
- A) hypertension
 - B) respiratory muscle dysfunction
 - C) carpal tunnel syndrome
 - D) hypercalcemia
 - E) previous tonsillectomy
48. Which one of the following agents would be best when rapid relief of symptoms is required in a severely distressed patient with panic disorder?
- A) Imipramine (Tofranil)
 - B) Clomipramine (Anafranil)
 - C) Phenelzine (Nardil)
 - D) Fluoxetine (Prozac)
 - E) Alprazolam (Xanax)
49. A 36-year-old Asian-American gravida 1 para 1 presents with pain and bleeding due to a large uterine fibroid confirmed by examination and pelvic ultrasonography. The patient requests treatment but wants to preserve her fertility.
- Which one of the following is the best treatment?
- A) Oral contraceptives
 - B) Uterine artery embolization
 - C) Metformin (Glucophage)
 - D) Myomectomy
50. U.S. Department of Transportation standards for commercial drivers would disqualify which one of the following?
- A) A 38-year-old male type 1 diabetic, well-controlled on insulin, whose last HbA_{1c} was 6.0% (N 3.8–6.4)
 - B) A 50-year-old female with uncorrected 20/40 vision in both eyes
 - C) A 57-year-old male who had an inferior myocardial infarction 3 years ago and had a recent negative treadmill test
 - D) A 64-year-old male who fails a whispered-voice test in one ear
51. The scabies mite is predominantly transmitted by
- A) bedclothes
 - B) personal contact
 - C) hats
 - D) pets

52. An 82-year-old male resident of a nursing home has developed symptoms of depression including withdrawal and sadness. The staff also reports that he doesn't want to leave his room, and often expresses a desire to stay in bed all day. After performing an appropriate evaluation and recommending nonpharmacologic interventions, you also decide that pharmacologic treatment is indicated.

Which one of the following would be the most appropriate antidepressant for this patient?

- A) Amitriptyline (Elavil)
- B) Doxepin (Sinequan)
- C) Trazodone (Desyrel)
- D) Sertraline (Zoloft)
- E) Olanzapine (Zyprexa)

53. The definition of post-term pregnancy is a pregnancy that has reached

- A) 40 weeks gestation
- B) 41 weeks gestation
- C) 42 weeks gestation
- D) 43 weeks gestation

54. When draining a felon, which one of the following incisions is recommended?

- A) A "fishmouth" bilateral incision
- B) A "hockey stick" J-shaped incision including the distal and lateral aspects of the digit
- C) A transverse volar incision
- D) A high lateral incision

55. You have hospitalized a 67-year-old obese white female for urosepsis. She has completed a course of intravenous antibiotics. She has hypertension, diabetes mellitus, and congestive heart failure. In addition, she has renal failure which has worsened, and she has been on hemodialysis for 1 week. The chart lists her medications as enalapril (Vasotec), furosemide (Lasix), labetalol (Trandate, Normodyne), insulin, and heparin for flushing intravenous lines.

For the past 2 days she has had nosebleeds. A CBC is normal except for mild anemia and marked thrombocytopenia of 28,000/mL.

Which one of the following is most likely the cause of her thrombocytopenia?

- A) Enalapril
- B) Furosemide
- C) Labetalol
- D) Insulin
- E) Heparin

56. A 57-year-old white male with coronary artery disease suffered a cardiac arrest while jogging 10 days ago. He was resuscitated after 45 minutes but has remained unresponsive and on a ventilator since then.

Which one of the following is required to diagnose brain death in this patient?

- A) Hypothermia
- B) Continuous mechanical ventilation
- C) The absence of spontaneous body movements
- D) Electroencephalographic confirmation
- E) Normal corneal reflexes

57. A 36-year-old member of the National Guard who has just returned from Iraq consults you because of several “boils” on the back of his neck that have failed to heal over the last 6 months, despite two week-long courses of cephalexin (Keflex). You observe three 1- to 2-cm raised minimally tender lesions with central ulceration and crust formation. He denies any fever or systemic symptoms.

The most likely cause of these lesions is

- A) pyogenic granuloma
- B) leishmaniasis
- C) atypical mycobacterial infection
- D) squamous cell carcinoma
- E) epidermal inclusion cysts

58. A 34-year-old white primigravida in her first trimester had established moderate hypertension before becoming pregnant. She currently has a blood pressure of 168/108 mm Hg. You are considering how to best manage her hypertension during the pregnancy.

Which one of the following is associated with the greatest risk of fetal growth retardation if used for hypertension throughout pregnancy?

- A) Atenolol (Tenormin)
- B) Nimodipine (Nimotop)
- C) Methyldopa (Aldomet)
- D) Hydralazine (Apresoline)
- E) Nifedipine (Procardia, Adalat)

59. The earliest presenting symptom in most older patients with open-angle glaucoma is

- A) unilateral eye pain
- B) unilateral eye redness
- C) unilateral visual loss
- D) tunnel vision
- E) double vision

60. A 27-year-old white female has a 10-year history of significant premenstrual dysphoria. Her condition has significantly worsened in the past 3 years, to the point that it is endangering her marriage of 5 years. Her symptoms are worse for the 10 days prior to her menstrual period and are gone by day 2 of her period. She has tried several measures without success, including birth control pills, various herbal preparations, and counseling at a woman's health center.

Which one of the following is most likely to improve her symptoms?

- A) Reduction of caffeine and refined sugar intake
- B) Alprazolam (Xanax)
- C) Bupropion (Wellbutrin)
- D) Progesterone for 2 weeks starting at about the time of ovulation
- E) Fluoxetine (Prozac, Serafem) for the last 2 weeks of the menstrual cycle

61. A 7-year-old male with recurrent sinusitis has difficulty breathing through his nose. He has had chronic diarrhea and his weight is at the 5th percentile. Nasal polyps are noted on examination, in the form of grayish pale masses in both nares. No nasal purulence or odor is present.

Which one of the following tests should you order?

- A) A serum angiotensin-converting enzyme level
- B) A serum α_1 -antitrypsin level
- C) A serum ceruloplasmin level
- D) An erythrocyte sedimentation rate
- E) A sweat chloride test

62. A 72-year-old male with class III congestive heart failure (CHF) due to systolic dysfunction asks if he can take ibuprofen for his "aches and pains."

Appropriate counseling regarding NSAID use and heart failure should include which one of the following?

- A) NSAIDs are a good choice for pain relief as they decrease systemic vascular resistance
- B) NSAIDs are a good choice for pain relief as they augment the effect of his diuretic
- C) High-dose aspirin (325 mg/day) is preferable to other NSAIDs for patients taking ACE inhibitors
- D) NSAIDs, including high-dose aspirin, should be avoided in CHF patients because they can cause fluid retention

63. A pregnant patient is positive for hepatitis B surface antigen (HBsAg). Which one of the following would be most appropriate for her infant?

- A) Hepatitis B immune globulin (HBIG) and hepatitis B vaccine at birth
- B) Hepatitis B vaccine only, at birth
- C) HBIG only, at birth
- D) Testing for HBsAg before any immunization
- E) No immunization until 1 year of age

64. A 26-year-old gravida 2 para 1 at 10 weeks gestation presents to the emergency department with abdominal pain and vaginal spotting. Ultrasonography reveals an ectopic pregnancy. Her blood type is A-negative, antibody-negative.

Appropriate management with regard to her Rh status includes

- A) administration of 50 :g of RHO immune globulin (RhoGAM)
 - B) administration of 300 :g of RhoGAM
 - C) administration of 50 :g of RhoGAM only if she requires laparoscopic intervention
 - D) administration of 300 :g of RhoGAM only if she requires laparoscopic intervention
 - E) no RhoGAM, as it is not indicated in an Rh-negative woman with an ectopic pregnancy
65. A 47-year-old gravida 3 para 3 is seen for a physical examination. She has had a total abdominal hysterectomy for benign uterine fibroids.

Which one of the following is the recommended interval for Papanicolaou (Pap) screening in this patient?

- A) Every 5 years
- B) Every 3 years
- C) Every 2 years
- D) Annually
- E) Routine screening is not necessary

66. A 28-year-old white female presents with painful genital ulcers. She has not had any previous episodes of similar outbreaks. She is single, but has had several heterosexual relationships. She has been with her current partner for 3 years. A culture confirms a herpes simplex virus (HSV) infection.

Which one of the following is true regarding her situation?

- A) Suppressive therapy can reduce the risk of transmission to her partner
- B) In the genital area, HSV type 1 infection can be differentiated clinically from HSV type 2 infection
- C) This outbreak is conclusive evidence of infidelity in her partner
- D) An HSV vaccine is available for her partner to reduce his risk of infection

67. Which one of the following is the leading cause of death in women?

- A) Breast cancer
- B) Lung cancer
- C) Ovarian cancer
- D) Osteoporosis
- E) Cardiovascular disease

68. A 3-year-old white female is brought to the emergency department with an acute onset of epistaxis. The child, who has a history of good health, is brought in by her recently-divorced mother, a registered nurse. The mother appears relatively unconcerned about the child's illness, but otherwise is friendly and interacts appropriately with the health care team evaluating the child. The child's vital signs are normal, but she is bleeding mildly from both nostrils and there are areas of ecchymosis.

Laboratory Findings

| | |
|-----------------------------------|--------------------------------------|
| Hemoglobin | 12.3 g/dL (N 11.5–15.0) |
| Hematocrit | 36% (N 32–42) |
| WBC count | 4500/mm ³ (N 6000–15,000) |
| Platelets | 235,000/mm ³ (N >50,000) |
| Prothrombin time | 40.0 sec (N 11.0–15.0) |
| Partial thromboplastin time | 30 sec (N 24–36) |
| INR | 3.9 sec (N 2.0–3.0) |
| ALT (SGPT) | 18 IU/L (N 7–35) |
| AST (SGOT) | 16 IU/L (N 15–60) |
| Bilirubin | 0.8 mg/dL (N 0.3–1.2) |

You hospitalize the child for observation and further testing. Her bleeding subsides in several hours, no new skin lesions develop, and her PT/INR decreases to 32 sec/3.0, 23 sec/2.1, and 15 sec/1.4 on subsequent days.

You suspect that the child's condition is due to

- A) acetaminophen overdose
 - B) antiphospholipid syndrome with lupus anticoagulant
 - C) Munchausen syndrome by proxy
 - D) Henoch-Schonlein purpura
 - E) traumatic injury (child abuse)
69. A 23-year-old Hispanic female at 18 weeks gestation presents with a 4-week history of a new facial rash. She has noticed worsening with sun exposure. Her past medical history and review of systems is normal. On examination, you note symmetric, hyperpigmented patches on her cheeks and upper lip. The remainder of her examination is normal.

The most likely diagnosis is

- A) lupus erythematosus
- B) pemphigoid gestationis (herpes gestationis)
- C) melasma (chloasma)
- D) prurigo gestationis

70. At a routine 6-week postpartum visit, a tearful, despondent-appearing patient reports depressed mood, poor appetite, decreased sexual drive, fatigue, and loss of interest in her usual activities. She denies suicidal ideation.

Which one of the following should you do now?

- A) Reassure the patient that her “postpartum blues” should resolve in the next few weeks
- B) Prescribe a 10-day per month regimen of medroxyprogesterone (Provera)
- C) Prescribe daily sertraline (Zoloft)
- D) Prescribe no medications and see the patient back in the office in 2 weeks
- E) Hospitalize the patient

71. A 24-year-old female presents for her annual examination. She is single and has had several male sexual partners during the past year. You include screening for chlamydial infection in your evaluation, and the test is reported as positive. She is asymptomatic.

Which one of the following is true concerning this situation?

- A) Failure to treat this patient would place her at higher risk of later infertility
- B) Only sexual partners with whom she has been active during the last 2 weeks need to be treated
- C) She should avoid sexual intercourse for 1 month after treatment
- D) Use of barrier methods of contraception increases her risk for repeat infection

72. A 55-year-old white female presents with redness at the scar from a lumpectomy performed for stage I cancer of her right breast 4 months ago. The patient has completed radiation treatments to the breast. She is afebrile and there is no axillary adenopathy. There is no wound drainage, crepitation, or bullous lesions.

Which one of the following organisms would be the most likely cause of cellulitis in this patient?

- A) Non-group A *Streptococcus*
- B) *Pneumococcus pneumoniae*
- C) *Clostridium perfringens*
- D) *Escherichia coli*
- E) *Pasteurella multocida*

73. Lymphadenopathy of the head and neck at which one of the following sites is most likely to be malignant?

- A) Anterior cervical
- B) Posterior cervical
- C) Preauricular
- D) Submandibular
- E) Supraclavicular

74. A 20-year-old single African-American female complains of 2 days of dysuria and frequency. She has no history of previous similar symptoms. She is not sexually active, has no vaginal discharge, and her menses occurred as expected about 3 weeks ago. She has not had any fever or rigors. A clean-catch, mid-stream urine specimen shows numerous white blood cells and rod-like bacteria per high-power field. She developed a generalized, pruritic rash when treated with trimethoprim/sulfamethoxazole (Bactrim, Septra) for a bout of otitis media as a child. In addition, your hospital laboratory has been reporting a high incidence (>20%) of *Escherichia coli* resistant to trimethoprim/sulfamethoxazole.

In this clinical setting, which one of the following regimens is the best treatment?

- A) Azithromycin (Zithromax) in a single dose
 - B) Metronidazole (Flagyl) in a single dose
 - C) Amoxicillin/clavulanate (Augmentin) for 5 days
 - D) Sustained-release nitrofurantoin (Macrobid) for 5 days
 - E) Cefpodoxime (Vantin) for 10 days
75. Which one of the following describes the McRoberts maneuver for managing shoulder dystocia?
- A) Suprapubic pressure
 - B) Delivery of the posterior arm
 - C) Maximal flexion and abduction of the maternal hips
 - D) Rolling the mother to an “all-fours” position
 - E) Rotation of the fetal head
76. Which one of the following drugs would be the most appropriate empiric therapy for nursing home-acquired pneumonia in a patient with no other underlying disease?
- A) Cefazolin (Ancef, Kefzol)
 - B) Erythromycin
 - C) Ampicillin
 - D) Tobramycin (Nebcin)
 - E) Levofloxacin (Levaquin)
77. In a 34-year-old primigravida at 35 weeks gestation, which one of the following supports a diagnosis of MILD preeclampsia rather than severe preeclampsia?
- A) A blood pressure of 150/100 mm Hg
 - B) A 24-hr protein level of 6 g
 - C) A platelet count <100,000/mm³
 - D) Liver enzyme elevation with epigastric tenderness
 - E) Altered mental status

78. Which one of the following is the best initial screening test for hereditary hemochromatosis?

- A) Serum iron concentration
- B) Serum transferrin saturation
- C) Serum ferritin concentration
- D) Hemoglobin electrophoresis
- E) Total iron-binding capacity

79. A 9-month-old male is seen for a routine well-baby examination. There have been no health problems and developmental milestones are normal. Review of the growth chart shows that length, weight, and head circumference have continued to remain at the 75th percentile. The examination is normal with the exception of the anterior fontanelle being closed.

Proper management at this time would include

- A) a CT scan of the head
- B) MRI of the head
- C) a CBC, a metabolic profile, and thyroid studies
- D) referral to a neurologist
- E) serial measurement of head circumference

80. A 16-year-old white female is brought to your office because she has been “passing out.” She tells you that on several occasions while playing in the high-school band at the end of the half-time show she has “blacked out.” She describes feeling lightheaded with spots before her eyes and tunnel vision just prior to falling. Friends in the band have told her that she appears to be pale and sweaty when these episodes occur. No seizure activity has ever been observed. In each instance she regains consciousness almost immediately; there is no postictal state. She has been seen in the emergency department for this on two occasions with normal vital signs, physical findings, and neurologic findings. A CBC, a metabolic profile, and an EKG are also normal.

Which one of the following tests is most likely to yield the correct diagnosis?

- A) A sleep-deprived EEG
- B) 24-hour Holter monitoring
- C) A pulmonary/cardiac stress test
- D) An echocardiogram
- E) Tilt table testing

81. A 30-year-old female requests advice about the use of oral contraceptives. In discussing potential risks you explain that

- A) her risk of anemia will increase
- B) her risk of endometrial cancer will increase
- C) her risk of exacerbation of her acne will increase
- D) her risk of thrombophlebitis will decrease
- E) her risk of ovarian cancer will decrease

82. You see a healthy 7-year-old male who was bitten on the cheek 1 hour ago by a neighbor's dog. On examination you find a jagged laceration about 2 cm long that extends into the fat ty tissue.

Which one of the following would be appropriate in the management of this injury?

- A) Copiously irrigate the wound with normal saline and suture
 - B) Allow healing by secondary intention
 - C) Culture the wound before suturing
 - D) Give metronidazole (Flagyl) prophylactically
 - E) Have the animal killed and the brain tissue analyzed
83. In a patient with a solitary thyroid nodule, which one of the following is associated with a higher incidence of malignancy?
- A) Hoarseness
 - B) Hyperthyroidism
 - C) Female gender
 - D) A nodule size of 2 cm
 - E) A freely movable nodule
84. A 65-year-old white female comes to your office with evidence of a fecal impaction which you successfully treat. She relates a history of chronic laxative use for most of her adult years. After proper preparation, you perform sigmoidoscopy and note that the anal and rectal mucosa contain scattered areas of bluish-black discoloration.

Which one of the following is the most likely explanation for the sigmoidoscopic findings?

- A) Endometriosis
 - B) Collagenous colitis
 - C) Melanosis coli
 - D) Metastatic malignant melanoma
 - E) Arteriovenous malformations
85. Which one of the following is associated with the use of epidural anesthesia during labor and delivery?
- A) A shorter first stage of labor
 - B) A longer second stage of labor
 - C) An increased rate of cesarean delivery
 - D) An increased likelihood of postpartum urinary incontinence

86. A positive flexion abduction external rotation (FABER) test that elicits posterior pain indicates involvement of which joint?
- A) Sacroiliac
 - B) Shoulder
 - C) Ankle
 - D) Wrist
 - E) Knee
87. Which one of the following vaccines is contraindicated in pregnancy?
- A) Tetanus and diphtheria (Td)
 - B) Influenza
 - C) Rabies
 - D) Hepatitis B
 - E) MMR
88. A 34-year-old white male presents with a history and findings that satisfy *DSM-IV* criteria for bipolar disorder. Which one of the following treatment options is the most effective for long-term management of the majority of patients with this disorder?
- A) Electroconvulsive therapy (ECT)
 - B) Tricyclic antidepressants
 - C) SSRIs
 - D) Monoamine oxidase (MAO) inhibitors
 - E) Lithium
89. A 35-year-old African-American female has just returned home from a vacation in Hawaii. She presents to your office with a swollen left lower extremity. She has no previous history of similar problems. Homan's sign is positive, and ultrasonography reveals a noncompressible vein in the left popliteal fossa extending distally.

Which one of the following is true in this situation?

- A) Monotherapy with an initial 10-mg loading dose of warfarin (Coumadin) would be appropriate
- B) Enoxaparin (Lovenox) should be administered at a dosage of 1 mg/kg subcutaneously twice a day
- C) The incidence of thrombocytopenia is the same with low-molecular-weight heparin as with unfractionated heparin
- D) The dosage of warfarin should be adjusted to maintain the INR at 2.5–3.5
- E) Anticoagulant therapy should be started as soon as possible and maintained for 1 year to prevent deep vein thrombosis (DVT) recurrence

90. The Mini-Mental State Examination (MMSE) tests for
- A) mood
 - B) behavior
 - C) intelligence quotient
 - D) cognitive function
 - E) functional impairment
91. In the U.S., the most common nutritional deficiency is
- A) iron
 - B) vitamin B₁₂
 - C) vitamin D
 - D) calories
 - E) protein
92. The husband and daughter of a 65-year-old female report recent changes in her behavior, including decreased energy, lack of motivation, difficulty making decisions, decreased appetite, and insomnia of 4 weeks' duration. The patient is not on any new medications, and has no previous medical problems. Over the past 2 days, she has become concerned about memory loss for both recent and remote events.
- This patient most likely has
- A) depression
 - B) dementia
 - C) a brain tumor
 - D) hypoglycemia
 - E) myocardial infarction
93. Which one of the following is an effective screening method for ovarian cancer in elderly females at average risk?
- A) Annual CA-125 assays
 - B) Annual pelvic ultrasonography
 - C) Annual Papanicolaou (Pap) tests and pelvic examinations
 - D) No currently available method
94. The Centers for Disease Control and Prevention (CDC) recommends antenatal screening for group B streptococcal disease by
- A) culturing the urine at 20 weeks gestation
 - B) obtaining cultures from the rectum and vaginal introitus at 20 weeks gestation
 - C) obtaining a culture from the cervix at 35–37 weeks gestation
 - D) obtaining cultures from the cervix and rectum at 35–37 weeks gestation
 - E) obtaining cultures from the rectum and vaginal introitus at 35–37 weeks gestation

95. A 34-year-old white mechanic felt a slight impact on his left eye while hammering on an axle 2 days ago. He has experienced some discomfort since that time, and complains of blurring of vision. Physical examination discloses no local erythema or other evidence of injury to the eye. Fluorescein staining is negative. His visual acuity is 20/40 in the affected eye.

The most likely diagnosis is

- A) traumatic iritis
 - B) corneal abrasion
 - C) intraocular foreign body
 - D) bacterial corneal ulcer
 - E) retinal detachment
96. Intranasal influenza immunization (FluMist) would be most appropriate for which one of the following?
- A) A healthy 3-year-old seen for a routine well-child visit
 - B) A healthy 8-year-old whose 12-year-old sibling is undergoing chemotherapy for acute lymphocytic leukemia
 - C) An otherwise healthy 20-year-old with allergic rhinitis
 - D) An otherwise healthy 27-year-old with a history of egg allergy
 - E) A 67-year-old with COPD who has a fear of injections
97. Which one of the following is a major advantage of second-generation (atypical) antipsychotics compared with first-generation antipsychotics?
- A) Less tardive dyskinesia
 - B) Less monitoring for major side effects
 - C) The availability of depot (intramuscular) formulations
 - D) Lower cost
 - E) Simpler dosing schedules
98. A 75-year-old male has not seen a physician in 25 years and presents with advanced Parkinson's disease. The best initial treatment would be
- A) referral to a neurosurgeon for thalamotomy
 - B) amantadine (Symmetrel)
 - C) benztropine (Cogentin)
 - D) pramipexole (Mirapex)
 - E) carbidopa/levodopa (Sinemet)

99. You have diagnosed cervical gonorrhea in a 23-year-old female. Which one of the following is considered first-line therapy for this infection?

- A) Intramuscular ceftriaxone (Rocephin) in a single dose
- B) Erythromycin orally for 7 days
- C) Metronidazole (Flagyl) orally in a single dose
- D) Metronidazole orally for 14 days
- E) Amoxicillin orally in a single dose

100. A 57-year-old African-American male presents to your office 2 days after evaluation in the emergency department for acute difficulty urinating. His acute symptoms have improved. He requests screening for prostate cancer.

You are concerned that his visit to the emergency department may affect the results of prostate cancer screening, and you decide to obtain more information. Which one of the following possible occurrences 2 days earlier would NOT preclude prostate-specific antigen (PSA) screening?

- A) Performance of a rectal examination
- B) Performance of prostate massage
- C) Performance of cystoscopy
- D) A diagnosis of urinary tract infection
- E) A diagnosis of urinary retention

101. During a routine physical examination of a 35-year-old Asian female, you note a right adnexal fullness. She has had no symptoms of pain or bloating and has been menstruating normally. Her menses occur approximately every 30 days and her next period is expected to occur in 1 week. Pelvic ultrasonography reveals a thin-walled simple cyst 5 cm in diameter. No other abnormalities are seen in the pelvic structures.

Which one of the following is the best course of management for this condition?

- A) Reassurance only
- B) Checking for any increase in adnexal fullness at her next annual physical examination
- C) Repeat ultrasonography in 2–3 months to confirm resolution of the cyst
- D) Referral for ultrasound-guided aspiration of the cyst
- E) Referral for laparoscopic removal of the cyst

102. Which one of the following should be avoided in the treatment and prophylaxis of migraine during early pregnancy?

- A) Calcium channel blockers
- B) β -Blockers
- C) Triptans
- D) NSAIDs

103. Treatment of mild persistent asthma with a low-dose inhaled corticosteroid alone would be the preferred treatment for a patient whose asthma symptoms occur
- A) once a week
 - B) 3 times a week
 - C) daily
 - D) continuously
 - E) 2 times a week, but only with exercise
104. A 52-year-old white male is being considered for pharmacologic treatment of hyperlipidemia because of an LDL cholesterol level of 180 mg/dL. Before beginning medication for his hyperlipidemia, he should be screened for
- A) hyperthyroidism
 - B) hypothyroidism
 - C) Addison's disease
 - D) Cushing's disease
 - E) pernicious anemia
105. Approximately 30%–50% of infants born to *Chlamydia-positive* mothers will have
- A) conjunctivitis
 - B) dermatitis
 - C) jaundice
 - D) pneumonia
 - E) urogenital infection
106. Patients treated with which one of the following require regular hematologic monitoring for the development of granulocytopenia?
- A) Olanzapine (Zyprexa)
 - B) Haloperidol (Haldol)
 - C) Clozapine (Clozaril)
 - D) Fluphenazine (Prolixin)
 - E) Risperidone (Risperdal)
107. Which one of the following has been shown to reduce the croup score in children and lead to shorter hospital stays?
- A) Dexamethasone (Decadron), 0.6 mg/kg in a single oral dose
 - B) Amoxicillin, 45 mg/kg/day divided into two doses, for 10 days
 - C) Azithromycin (Zithromax), 10 mg/kg the first day, then 5 mg/kg daily for 4 days
 - D) Albuterol (Ventolin), 0.63 mg by aerosol every 4 hours
 - E) Ceftriaxone (Rocephin), 50 mg/kg intramuscularly in a single dose

108. Which one of the following is more characteristic of anxiety disorder than of depressive disorder?

- A) Early morning awakening
- B) Loss of interest in usual activities
- C) Difficulty in making decisions
- D) Feelings of dread and apprehensive expectations
- E) Slowed speech and thought processes

109. You see a 16-year-old white female for a preparticipation evaluation for sports, and she asks for advice about the treatment of acne. She has a few inflammatory papules on her face. No nodules are noted. She says she has not tried any over-the-counter acne treatments.

Which one of the following would be considered first-line therapy for this condition?

- A) Oral tetracycline
- B) Oral isotretinoin (Accutane)
- C) Topical sulfacetamide (Sulamyd)
- D) Topical benzoyl peroxide

110. You are considering recommending surgical treatment for obesity in selected patients. All other attempts to control weight have failed in these patients, including diet education, medication, exercise, and behavior modification. Each of these individuals is a well-informed and motivated patient with acceptable operative risks and is able to participate in treatment and long-term follow-up. They strongly desire substantial weight loss because their obesity impairs the quality of their lives, and they have asked about surgical options.

Which one of these patients would meet the criteria for surgical treatment of obesity?

- A) A 44-year-old with a BMI of 34 and degenerative joint disease of the knees that significantly limits his ability to walk
- B) A 45-year-old with a BMI of 36 and controlled diabetes mellitus
- C) A 48-year-old with a BMI of 42 and no other health problems
- D) A 52-year-old with a BMI of 29 and sleep apnea
- E) A 55-year-old with a BMI of 29 and uncontrolled diabetes mellitus

111. Of the following, an 11-year-old who presents with knee pain is most likely to have

- A) gout
- B) tibial apophysitis
- C) a popliteal cyst
- D) inflammatory arthropathy
- E) pes anserine bursitis

- 112.** A 72-year-old male presents to your clinic in atrial fibrillation with a rate of 132 beats/min. He has hypertension, but no history of congestive heart failure or structural heart disease. He is otherwise healthy and active.

The best INITIAL approach to his atrial fibrillation would be

- A) rhythm control with antiarrhythmics and warfarin (Coumadin) only if he cannot be consistently maintained in sinus rhythm
- B) rhythm control with antiarrhythmics and warfarin regardless of maintenance of sinus rhythm
- C) ventricular rate control with digoxin, and warfarin for anticoagulation
- D) ventricular rate control with digoxin, and aspirin for anticoagulation
- E) ventricular rate control with a calcium channel blocker or β -blocker, and warfarin for anticoagulation

- 113.** A 37-year-old gravida 3 para 2 at 33 weeks gestation reports the onset of brisk vaginal bleeding. On examination the uterus is nontender and 32 cm above the symphysis. Pelvic examination reveals the presence of a large amount of bright red vaginal blood.

This presentation is most consistent with

- A) threatened abortion
- B) hemorrhagic cystitis
- C) placenta previa
- D) chorioamnionitis
- E) abruptio placentae

- 114.** Which one of the following herbal preparations should be stopped for at least 7 days prior to elective surgery?

- A) Ginseng
- B) Ginkgo biloba
- C) Kava
- D) Echinacea
- E) St. John's wort

- 115.** Which one of the following side effects induced by traditional neuroleptic agents responds to treatment with β -blockers?

- A) Akathisia
- B) Rigidity
- C) Dystonia
- D) Sialorrhea
- E) Stooped posture

- 116.** A 28-year-old female presents for evaluation of a persistent thin discharge, with a “fishy” odor particularly noticeable after intercourse. She has no dyspareunia or dysuria, is in a monogamous relationship, and has used oral contraceptives for many years. Physical examination reveals no vulvar, vaginal, or cervical erythema. There is a homogenous white discharge that coats the vaginal walls. The vaginal pH is 7.0 and on microscopy you note stippled epithelial cells but no hyphae or trichomonads.

Which one of the following is true regarding this patient?

- A) The treatment of choice may interact with alcohol
- B) The patient’s partner needs to be treated simultaneously
- C) The diagnosis should be confirmed with a culture
- D) Oral contraceptives contribute to the risk for this condition

- 117.** A 73-year-old white male nursing-home resident has Alzheimer’s dementia and hypertension. He has been weaker and less responsive over the last week and has gained 8 lb. On physical examination he has normal vital signs with a heart rate of 110 beats/min, but is noted to have marked lower extremity edema and presacral edema. Laboratory evaluation shows a serum sodium level of 122 mmol/L (N 135–145).

Which one of the following is the most likely cause of his hyponatremia?

- A) Diuretic use
- B) Syndrome of inappropriate secretion of antidiuretic hormone (SIADH)
- C) Addison’s disease
- D) Congestive heart failure
- E) Psychogenic polydipsia

- 118.** A 65-year-old male has recently undergone coronary artery bypass graft (CABG) surgery. Generally, he has recovered well from his surgery. However, his cardiac surgeon referred him back to you because of symptoms suggestive of depression.

Which one of the following is true in this situation?

- A) Patients with chronic cardiac symptoms prior to surgery are more likely to develop postoperative depression
- B) Postoperative depression increases the risk for subsequent cardiovascular events
- C) Treatment of postoperative depression with antidepressants decreases the rate of subsequent cardiovascular events
- D) Enrollment in a cardiac rehabilitation program often worsens depression

119. A 15-year-old African-American male presents to the emergency department with a chief complaint of fever, abdominal pain, nausea, and anorexia. In addition to the usual laboratory evaluation, which one of the following imaging modalities would be most helpful for confirming a diagnosis of appendicitis?

- A) Plain flat plate and upright radiographs of the abdomen
- B) An air contrast barium enema
- C) Abdominal ultrasonography
- D) A spiral CT scan of the abdomen
- E) MRI of the abdomen

120. A 20-year-old white male presents to your office after a fall on an outstretched hand while skateboarding. He has pain at the anatomic snuffbox with no abrasion. Radiographs are negative.

Which one of the following would be the most appropriate management?

- A) A long arm cast for 8 weeks
- B) A thumb spica splint and follow-up radiographs in 2 weeks
- C) A sugar tong splint and follow-up radiographs in 2 weeks
- D) An Ace bandage and follow-up radiographs in 2 weeks
- E) An Ace bandage and follow-up in 2 weeks if the patient is still experiencing pain

121. A 38-year-old white female presents to your office with a 4-cm palpable nodule in her right breast. Fine-needle aspiration yields 4 cc of bloody fluid. Following the aspiration, the breast nodule is no longer palpable.

Which one of the following would be most appropriate at this point?

- A) No further workup
- B) Cytologic examination of the fluid
- C) Surgical referral for core needle biopsy
- D) Surgical referral for excisional biopsy
- E) Ultrasonography of the breast

122. A 23-year-old male returns from a Florida beach vacation, where he sustained a cut to his foot while wading. The cut wasn't treated when it happened, and it is healing, but he says that it feels like something in the wound is "poking" him.

Of the following, which one would most likely be easily visible on plain film radiography?

- A) A wood splinter
- B) A glass splinter
- C) A plastic splinter
- D) A sea urchin spine

123. A 50-year-old male who is a heavy smoker asks you about vitamin supplementation to prevent cancer and cardiovascular disease. The patient is unwilling to stop smoking.

According to the 2003 recommendations of the U.S. Preventive Services Task Force, which one of the following is true regarding vitamin supplementation in adults who are middle-age or older?

- A) Large supplemental doses of β -carotene may increase the risk of lung cancer in heavy smokers
 - B) β -Carotene supplementation decreases the risk of cardiovascular disease and cancer in nonsmokers
 - C) Supplementation with vitamins A, C, and E plus folic acid decreases the risk of cardiovascular disease
 - D) Supplementation with antioxidant combination vitamins plus folic acid decreases the risk of cancer
124. Chronic excess thyroid hormone replacement over a number of years in postmenopausal women can lead to
- A) diffuse nontoxic goiter
 - B) osteoarthritis
 - C) osteoporosis
 - D) hyperparathyroidism
125. Cilostazol (Pletal) has been found to be a useful drug for the treatment of intermittent claudication. This drug is contraindicated in patients with
- A) congestive heart failure
 - B) a past history of stroke
 - C) diabetes mellitus
 - D) third degree heart block
 - E) hyperlipidemia
126. A 33-year-old white female has a 12-year history of headache occurring 3–4 times per month, accompanied by nausea and vomiting. She takes over-the-counter analgesics, but relief is usually obtained only when she falls asleep. This is her first visit to you for this problem. You diagnose migraine without aura.
- Although the patient is willing to consider prescription drugs, she says that she would prefer “something that is natural and without side effects.” Which one of the following would be the best recommendation?
- A) Biofeedback
 - B) Ma huan g
 - C) Oxygen
 - D) Epley canalith repositioning maneuver
 - E) Phototherapy

127. A 27-year-old white male presents to the emergency department 2 hours after being bitten by a rattlesnake. He complains of weakness, abdominal cramping, left leg pain, and left leg swelling. His speech is slurred, and his breath smells of alcohol.

Physical Findings

| | |
|----------------|--|
| Temperature | 37.0° C (98.6° F) |
| Blood pressure | 100/60 mm Hg |
| Pulse | 122 beats/min |
| Respirations | 24/min |
| Skin | diaphoretic; ecchymoses on both forearms; bite puncture site just above left lateral malleolus |
| Lungs | clear to auscultation |
| Cardiac | normal heart tones, 1+ posterior tibial pulses |
| Abdomen | flat; hypoactive bowel sounds; no masses or guarding |
| Extremities | visible swelling of left leg and thigh; skin tightness of left leg |
| Neurologic | decreased sensation to light touch and sharp sensation in left foot |

Which one of the following therapeutic interventions is indicated?

- A) Antivenin administration
 - B) Venom extractor use
 - C) Tourniquet application at the upper thigh
 - D) Surgical consultation for decompression fasciotomy
 - E) Administration of platelets and fresh frozen plasma
128. A 12-year-old white male is brought to your office after accidentally cutting his left hand with a pocketknife. On examination you find a deep 2-cm laceration at the base of the thenar eminence.

To test for motor injury to the median nerve you would have the patient

- A) extend the thumb and fingers
 - B) oppose the thumb and little finger
 - C) flex the wrist
 - D) abduct the thumb and index finger
129. Which one of the following benzodiazepines has the shortest half-life?
- A) Flurazepam (Dalmane)
 - B) Alprazolam (Xanax)
 - C) Clorazepate (Tranxene)
 - D) Diazepam (Valium)
 - E) Clonazepam (Klonopin)

- 130.** A 47-year-old female presents to your office complaining of hot flashes and cold sweats of several months' duration. She is premenopausal.

Which one of the following is accurate advice for this patient regarding vasomotor symptoms?

- A) They usually peak around the time of menopause, then decline after menopause
- B) Without treatment, they usually get worse each year after menopause
- C) They are always caused by estrogen deficiency
- D) Estrogen alone is recommended for therapy

- 131.** A 45-year-old white female presents for her yearly health maintenance examination and Papanicolaou (Pap) test. She has been in good health and has no family history of significant medical disorders. Her examination is normal, and she asks about screening for breast cancer.

Which one of the following screening methods would be most appropriate?

- A) A dedicated breast CT scan
- B) Thermography
- C) MRI
- D) Ultrasonography
- E) Mammography

- 132.** A 66-year-old white male is brought to your office for evaluation of progressive memory loss over the last several months. The problem seems to wax and wane significantly over the course of days and weeks. At times when he is more confused, he tends to have visual and auditory hallucinations that he is back fighting in Vietnam, thinking a ringing telephone is calling in fighter jets. He has also been falling occasionally.

On physical examination, he has a resting tremor in his left leg, and rigidity of his upper body and face. A full medical workup, including standard blood work and a CT scan, shows no abnormalities that suggest delirium, stroke, or other primary etiologies.

Which one of the following is the most likely diagnosis?

- A) Alzheimer's disease
- B) Dementia with Lewy bodies
- C) Fronto-temporal dementia
- D) Multi-infarct dementia
- E) Pseudodementia

133. A family of four, consisting of the parents, a 4-year-old daughter, and a teenage son, is planning a trip to Guatemala with a church group. Which one of the following is appropriate advice concerning traveler's diarrhea?
- A) All family members may use an antimotility agent such as loperamide (Imodium) for mild disease
 - B) Most cases of traveler's diarrhea are caused by parasites, so antibiotics are ineffective
 - C) Ciprofloxacin (Cipro) is indicated for treatment of any family member with dysenteric diarrhea
 - D) Prophylactic antibiotic treatment should begin 2 days before leaving, and should be continued until 1 week after returning home
134. A 70-year-old female had a lumbar vertebral fracture 3 years ago. At that time she had a dual-energy x-ray absorptiometry (DEXA) scan, with a T score of -2.6 , and was placed on alendronate (Fosamax), calcium, and vitamin D. She recently quit smoking. Her BMI is 21. A DEXA scan today shows her bone mineral density to be -2.1 .
- Which one of the following would be most appropriate in the management of this patient?
- A) Replace alendronate with raloxifene (Evista)
 - B) Stop alendronate, but continue calcium and vitamin D
 - C) Add raloxifene to her regimen
 - D) Add teriparatide (Forteo) to her regimen
 - E) Make no change to her regimen
135. Which one of the following anticonvulsant medications is preferred for the treatment of mania or hypomania in patients with bipolar disorder?
- A) Phenytoin (Dilantin)
 - B) Phenobarbital
 - C) Valproic acid (Depakene)
 - D) Gabapentin (Neurontin)
 - E) Clonazepam (Klonopin)
136. Which one of the following is true regarding gastroesophageal reflux (GER) in infants and children?
- A) It is important to exclude underlying systemic disorders before initiating pharmacologic treatment for either condition
 - B) Failure to thrive is a common presentation of GER
 - C) All infants with GER have visible regurgitation
 - D) GER in infants usually resolves by 1 year of age without treatment

137. What is the most frequent etiologic agent of occult bacteremia in children?

- A) *Haemophilus influenzae*
- B) *Streptococcus pyogenes*
- C) *Streptococcus pneumoniae*
- D) *Neisseria meningitidis*
- E) *Staphylococcus aureus*

138. Which one of the following is associated with Kaposi's sarcoma?

- A) Herpes simplex virus
- B) Human papillomavirus
- C) Human herpesvirus 8
- D) Cytomegalovirus
- E) Coxsackievirus

139. A 25-year-old white female comes to your office for counseling regarding birth control. She has had compliance problems with oral contraceptives and asks about alternatives. You discuss various options including the vaginal contraceptive ring (NuvaRing), and she asks for more information.

Which one of the following is true regarding the advantages and disadvantages of this form of contraception?

- A) It protects against sexually transmitted diseases
- B) To assure maximum contraceptive protection, it should be replaced every 3 months
- C) It is associated with a higher incidence of breakthrough bleeding than levonorgestrel/ethinyl estradiol pills
- D) Up to 50% of women have significant difficulty inserting the device correctly
- E) If the device is expelled from the vagina for more than 3 hours, backup contraception should be used temporarily

140. A case of meningococcal meningitis has just been confirmed at a day-care center. The susceptibility of the microorganism is not yet known.

At this point, you should do which one of the following for the day-care center contacts?

- A) Culture their nasopharyngeal secretions
- B) Administer meningococcal vaccine
- C) Prescribe sulfadiazine
- D) Prescribe chloramphenicol (Chloromycetin)
- E) Prescribe rifampin (Rifadin)

141. In adults, which one of the following is the most likely cause of chronic, unilateral nasal obstruction?

- A) Nasal septal deviation
- B) Foreign body impaction
- C) Allergic rhinitis
- D) Adenoidal hypertrophy

142. An 87-year-old African-American female is admitted to your hospital with a hip fracture. She lives alone and has been self-sufficient. She has been able to drive, go to the grocery, and balance her own checkbook. She does well in the hospital until the second postoperative day, when she develops agitated behavior, tremor, and disorientation. She attempts to remove her Foley catheter repeatedly. She exhibits alternating periods of somnolence and agitation, and describes seeing things in the room that are not there.

Which one of the following is the most likely diagnosis?

- A) Delirium
- B) Alzheimer's disease
- C) Senile dementia
- D) Schizophrenia
- E) Psychosis

143. A 9-month-old white male is brought to your office for a well-child visit. You note that the child's weight gain has been flat over the last several months. He has fallen from the 75th percentile to the 15th for weight, and his percentile for length is beginning to decline as well. The mother states that the child began having diarrhea as soon as she began giving him various grain cereals and baby foods 5 months ago. The remainder of a review of systems and a social and family history is unremarkable. Physical examination reveals an undernourished infant with mild abdominal distention. A check of the infant's hemoglobin shows a microcytic anemia with a low serum ferritin level.

Which one of the following is the most likely diagnosis?

- A) δ -Thalassemia minor
- B) Celiac sprue
- C) Cystic fibrosis
- D) Congenital megacolon (Hirschsprung's disease)
- E) Inborn error of metabolism

144. Which one of the following is recommended for the treatment of intravaginal genital warts in pregnant women?
- A) Imiquimod 5% cream (Aldara)
 - B) Podofilox 0.5% solution (Condylox)
 - C) Podophyllin 10%–25% in tincture of benzoin (Podofin)
 - D) Cryotherapy with liquid nitrogen
 - E) Interferon-
145. A 25-year-old white male truck driver complains of 1 day of throbbing rectal pain. Your examination shows a large, thrombosed external hemorrhoid.
- Which one of the following is the preferred initial treatment for this patient?
- A) Warm sitz baths, a high-residue diet, and NSAIDs
 - B) Rubber band ligation of the hemorrhoid
 - C) Elliptical excision of the thrombosed hemorrhoid
 - D) Stool softeners and a topical analgesic/hydrocortisone cream (e.g., Anusol-HC)
146. In the elderly, which one of the following measures of pulmonary function is characteristically increased?
- A) Total lung capacity
 - B) Vital capacity
 - C) Resting PaO₂ arterial tension
 - D) Functional residual capacity
 - E) One-second forced expiratory volume (FEV₁)
147. The most common cause of fainting is
- A) cardiac dysrhythmia
 - B) medications
 - C) orthostatic hypotension
 - D) psychiatric disorders
 - E) vasovagal syncope
148. An initial episode of depression has responded to pharmacologic treatment. Treatment should be continued for a minimum of
- A) 1 month
 - B) 2 months
 - C) 6 months
 - D) 12 months
 - E) 24 months

149. Which one of the following is the best definition of specificity?

- A) The true-positive rate of a test
- B) The false-positive rate of a test
- C) The true-negative rate of a test
- D) The false-negative rate of a test

150. A healthy 40-year-old female presents for her annual gynecologic examination. She tells you that she also needs a tuberculin screening test for her anticipated volunteer work at the local hospital. She has had no significant illness or exposures and has been your patient for nearly 20 years. You administer a PPD test which shows 10 mm of induration on the second day.

The most appropriate next step in her evaluation would be

- A) a repeat PPD in 2 weeks
- B) a chest radiograph (two views)
- C) screening liver function tests
- D) isoniazid (INH) for 9 months for treatment of her latent tuberculosis infection

151. What is the most common cause of bleeding in patients with Meckel's diverticulum?

- A) *Helicobacter pylori* infection causing ileal mucosal ulceration
- B) Ectopic (heterotrophic) gastric mucosa causing acid-induced bleeding of ileal mucosa
- C) Arteriovenous malformation causing mucosal bleeding
- D) Intussusception causing mucosal bleeding from inflammation

152. A 53-year-old male presents with a 3-month history of despondency, insomnia, and irritability with family and co-workers. During your interview you also discover that he is drinking heavily at times and has several firearms at home. He thinks his life is "useless," noting that he "would be better off dead."

The most appropriate action at this time would be to

- A) prescribe an SSRI
- B) arrange immediate hospitalization
- C) have the patient agree to a suicide prevention contract
- D) avoid direct questions regarding suicidal thoughts

153. The most common cause of proteinuria in children is

- A) acute postinfectious glomerulonephritis
- B) lupus glomerulonephritis
- C) hydronephrosis
- D) orthostatic proteinuria
- E) reflux nephropathy

154. A 25-year-old primigravida presents with sharp, stabbing, left-sided pelvic pain that started yesterday, 45 days after her last menstrual period. Her past history is not remarkable, and a physical examination is normal except for moderate tenderness in the left adnexa on pelvic examination. A urinalysis is normal, as is a CBC. Her β -hCG level is 1500 mIU/mL.

Assuming no adnexal mass is seen, which one of the following transvaginal pelvic ultrasonography findings would be consistent with the highest likelihood of an ectopic pregnancy?

- A) Empty uterus: empty endometrial cavity with or without a thickened endometrium
 - B) Abnormal gestational sac: anechoic intrauterine fluid collection either >10 mm in mean sac diameter or with a grossly irregular border
 - C) Nonspecific fluid: anechoic intrauterine fluid collection <10 mm in mean sac diameter without an echogenic border
 - D) Echogenic material: echogenic material within the endometrial cavity without a defined sac, or multiple discrete anechoic collections of various sizes divided by echogenic septations
155. Which one of the following is appropriate treatment for asymptomatic chlamydial infection during the second trimester of pregnancy?
- A) Azithromycin (Zithromax)
 - B) Doxycycline
 - C) Metronidazole (Flagyl)
 - D) Levofloxacin (Levaquin)
156. The use of automated external defibrillators by lay persons in out-of-hospital settings
- A) has been frustrated by liability concerns
 - B) has been hampered by an unwillingness to place the devices in public areas
 - C) has been shown to contribute to significant gains in full neurologic and functional recovery
 - D) has been eclipsed by the widespread use of internal cardiac defibrillators in high-risk patients
157. As a single measurement, which one of the following provides the most accurate estimate of gestational age by ultrasound determination during the second trimester?
- A) Transabdominal diameter
 - B) Biparietal diameter
 - C) Femur length
 - D) Crown-rump length

158. A 4-year-old Hispanic female has been discovered to have a congenital hearing loss. Her mother is an 18-year-old migrant farm worker who is currently at 8 weeks gestation with her second pregnancy. The mother has been found to have cervical dysplasia on her current Papanicolaou (Pap) smear and has also tested positive for *Chlamydia*.

The most likely cause of this child's hearing loss is

- A) human parvovirus B19
 - B) varicella zoster virus
 - C) herpes simplex virus
 - D) toxoplasmosis
 - E) cytomegalovirus
159. Which one of the following indicates that a patient has entered the second stage of labor?
- A) A small amount of bloody, mucous discharge from the cervix ("bloody show")
 - B) Braxton Hicks contractions
 - C) Spontaneous rupture of the chorioamniotic membranes
 - D) Complete dilation of the uterine cervix
 - E) Successful delivery of the placenta
160. A 65-year-old white female presents with weight loss and fatigue. On examination, she has lymphadenopathy, hepatomegaly, and mild splenomegaly. Her hemoglobin level is 9.0 g/dL (N 12.0–16.0), and a chemistry panel reveals a serum protein level of 9.0 g/dL (N 6.0–8.0). You order a chest radiograph, which shows clear lung fields and no evidence of lytic lesions in the thoracic spine. Serum protein electrophoresis reveals a monoclonal γ -globulin spike, which on immunoelectrophoresis is found to be due to IgM κ -protein. Urine for Bence-Jones protein is positive. A bone marrow biopsy from the iliac crest demonstrates hypercellularity, with a large number of lymphocytes, but normal-appearing plasma cells.
- Which one of the following is the most likely diagnosis?
- A) Multiple myeloma
 - B) Waldenstrom's macroglobulinemia
 - C) Sarcoidosis
 - D) Monoclonal gammopathy of undetermined significance
 - E) Non-Hodgkin's lymphoma
161. Which one of the following is true concerning nausea and vomiting in pregnancy?
- A) Psychological factors play a causative role
 - B) Pharmacologic therapy, in general, is no more effective than placebo in relieving symptoms and preventing hospitalization
 - C) Metoclopramide (Reglan) is contraindicated in the first trimester but is safe and effective for nausea and vomiting in later trimesters
 - D) If nausea and vomiting begin after 9 weeks gestation, secondary causes are more likely to be present

162. A 12-year-old male middle-school wrestler comes to your office complaining of a recurrent painful rash on his arm. There appear to be several dry vesicles.

The most likely diagnosis is which one of the following?

- A) Molluscum contagiosum
- B) Human papillomavirus
- C) Herpes gladiatorum
- D) Tinea corporis
- E) Mat burn

163. In a patient with atrial fibrillation, which one of the following confers the greatest risk for stroke?

- A) Age over 75
- B) Diabetes mellitus
- C) Previous history of stroke
- D) Congestive heart failure
- E) Hypertension

164. In a patient with HIV infection, the threshold for initiating treatment for tuberculosis after PPD screening is induration greater than or equal to

- A) 2.5 mm
- B) 5.0 mm
- C) 7.5 mm
- D) 10 mm
- E) 15 mm

165. Which one of the following historical features is most suggestive of congestive heart failure in a 6-month-old white male presenting with tachypnea?

- A) Diaphoresis with feeding
- B) Fever
- C) Nasal congestion
- D) Noisy respiration or wheezing
- E) Staccato cough

166. Which one of the following should be avoided when managing chronic pain in elderly nursing-home patients?

- A) Acetaminophen
- B) Propoxyphene (Darvon)
- C) Hydrocodone (Lortab)
- D) Oxycodone (OxyContin)
- E) Hydromorphone (Dilaudid)

167. Which one of the following scenarios would call for additional consent from a child's parent or guardian prior to treatment?

- A) A 6-year-old daughter of divorced parents who lives primarily with her mother is brought to the clinic by her father to discuss his concerns of possible abuse
- B) An 8-year-old unconscious male is brought to the emergency department by a neighbor after falling out of a tree and striking his head
- C) A 13-year-old male is brought to the clinic by a baby sitter with a note giving permission to treat signed by a parent
- D) A 15-year-old female who is considered emancipated under state law comes to your office to discuss family planning
- E) A 16-year-old female who has driven herself to her clinic appointment reports a 2-day history of dysuria; she says her mother made this appointment for her

168. A 25-year-old male visits your office for follow-up 3 weeks after beginning fluoxetine (Prozac) for newly diagnosed major depression. He has experienced gastrointestinal discomfort, increased agitation, worsening insomnia, and sexual dysfunction since beginning the drug. Together you agree to discontinue fluoxetine and begin a different medication.

Which one of the following would be the best choice to avoid agitation and sexual dysfunction?

- A) Bupropion (Wellbutrin)
- B) Clonazepam (Klonopin)
- C) Sertraline (Zoloft)
- D) Mirtazapine (Remeron)
- E) Venlafaxine (Effexor)

169. A 19-year-old female runner has a 1-week history of constant groin pain. There is limited hip motion on flexion and internal rotation of the right hip. Radiographs of the hip and pelvis are normal.

Which one of the following is the most likely diagnosis?

- A) Iliotibial band syndrome
- B) Stress fracture of the right femoral neck
- C) Osteitis pubis
- D) Pelvic inflammatory disease

170. Uterine rupture is a potential complication of attempted vaginal birth after cesarean (VBAC). The most reliable indication that uterine rupture may have occurred is

- A) cessation of uterine contractions during active labor
- B) fetal bradycardia
- C) vaginal bleeding
- D) sudden lower abdominal pain
- E) maternal hypotension

171. A 55-year-old white male smoker has had daily severe gastroesophageal reflux symptoms unrelieved by intensive medical therapy with proton pump inhibitors. A recent biopsy performed during upper endoscopy identified Barrett's esophagus.

Which one of the following is true about this condition?

- A) It will regress after antireflux surgery
- B) It will regress following esophageal dilation
- C) It will regress after *Helicobacter pylori* treatment
- D) It is associated with an increased risk of adenocarcinoma

172. A 14-year-old African-American female presents for a routine evaluation. On examination, you note a rubbery, well-defined, nontender breast mass approximately 2 cm in diameter. The patient denies any history of breast tenderness, nipple discharge, or skin changes.

The most likely diagnosis is

- A) fibrocystic breast disease
- B) fibroadenoma
- C) benign breast cyst
- D) cystosarcoma phyllodes
- E) intraductal papilloma

173. A 25-year-old white female comes to your office complaining of abdominal pain. She requests that you hospitalize her and do whatever is necessary to get rid of the pain that has been present for a number of years. She has difficulty describing the pain. She is a single parent, and becomes defensive when asked about her previous marriage, stating only that her former husband is an alcoholic, "just like my father."

Her previous medical history includes an appendectomy, a cholecystectomy, and a hysterectomy. On physical examination she appears healthy and a CBC, erythrocyte sedimentation rate, serum amylase level, serum electrolyte levels, and multiple chemical profile are all normal.

Management of this patient should include which one of the following?

- A) Long-term use of antidepressants
- B) Referral to a surgeon for exploratory laparotomy
- C) Informing her that her problems are psychogenic and that there is nothing to worry about
- D) Hospitalization as requested, then consultation with a psychiatrist
- E) Scheduling frequent, regular office visits

174. The probability of pregnancy after unprotected intercourse is the highest at which one of the following times?

- A) 3 days before ovulation
- B) 1 day before ovulation
- C) The day of ovulation
- D) 1 day after ovulation
- E) 3 days after ovulation

175. A 50-year-old female with a history of paroxysmal atrial fibrillation has been successfully treated for depression with sertraline (Zoloft). However, she has persistent insomnia, and a 10-day trial of zolpidem (Ambien) has yielded minimal improvement.

The most appropriate addition to her current medication would be

- A) trazodone (Desyrel) each evening
- B) lorazepam (Ativan) daily
- C) zaleplon (Sonata) at night
- D) amitriptyline (Elavil) at night

176. An elderly couple is having trouble paying for the considerable number of medications they require. They ask you about the safety of obtaining drugs from Canada.

Which one of the following is true concerning Canadian drugs?

- A) Few of the drugs available from Canada have been approved by the Food and Drug Administration (FDA)
- B) Most of the drugs available from Canada come from the same manufacturers as those in the U.S.
- C) The approval process for a drug by Health Canada is shorter than the FDA's process
- D) Many drugs discontinued for safety reasons by the FDA are still available in Canada
- E) Drugs obtained through websites advertising Canadian drugs are well regulated

177. Which one of the following is true regarding the use of a diaphragm for contraception?

- A) It must be refitted if the patient gains more than 15 lb
- B) Use of nonoxynol-9 will prevent HIV
- C) Diaphragms are made only of latex
- D) Diaphragms are recommended for women with a history of toxic shock syndrome
- E) The diaphragm should be removed immediately after intercourse

- 178.** A 70-year-old white female with osteoporosis sees you for follow-up a few days after an emergency department visit for an acute T12 vertebral compression fracture. The fracture was suspected clinically and on plain films; the diagnosis was confirmed with a bone scan. The emergency department physician prescribed oxycodone (OxyContin) and NSAIDs, but the patient is still experiencing considerable discomfort.

In addition to increasing the dosage of oxycodone, which one of the following interventions would you suggest now to reduce the patient's pain?

- A) Calcitonin (Miacalcin)
- B) Raloxifene (Evista)
- C) Alendronate (Fosamax)
- D) Physical therapy, including dexamethasone iontophoresis
- E) Vertebroplasty

- 179.** While seeing a 6-month-old infant for a well-child check, you note that his height is at the 50th percentile, and his weight is at the 5th percentile. You are concerned about the possibility of failure to thrive (FTT). Your history and physical examination reveal no obvious cause for FTT other than inadequate caloric intake due to poor parental skills.

Which one of the following would be the most likely result of laboratory evaluation of this child?

- A) Anemia
- B) Hypoglycemia
- C) Hypothyroidism
- D) Hyponatremia
- E) No abnormalities

- 180.** Patients with Wolff-Parkinson-White syndrome who have episodic symptomatic supraventricular tachycardia or atrial fibrillation benefit most from

- A) episodic intravenous digoxin
- B) long-term oral digitalis
- C) episodic β -blockers
- D) radiofrequency catheter ablation of bypass tracts

- 181.** Which one of the following unimmunized patients should receive two doses of influenza vaccine?

- A) A 5-year-old with asthma
- B) A 10-year-old with cystic fibrosis
- C) A 15-year-old with sickle cell anemia
- D) A 30-year-old with HIV infection
- E) A 65-year-old with bullous emphysema

182. Which one of the following is consistent with terminology used in the 2001 Bethesda System for reporting cervical cytology?
- A) Atypical squamous cells—cannot exclude HSIL (ASC-H)
 - B) Atypical squamous cells of unknown significance—favor neoplastic (ASCUS—favor neoplastic)
 - C) Atypical squamous cells of unknown significance—favor reactive (ASCUS—favor reactive)
 - D) Atypical glandular cells of unknown significance (AGUS)
183. A moderately obese 50-year-old African-American female presents with colicky right upper quadrant pain that radiates to her right shoulder. Which one of the following is considered the best study to confirm the likely cause of the patient's symptoms?
- A) Plain abdominal radiography
 - B) Oral cholecystography
 - C) Abdominal ultrasonography
 - D) A barium swallow
 - E) Esophagogastrosocopy
184. A 24-year-old female at 36 weeks gestation plans to breastfeed her infant. She has a history of bipolar disorder, but currently is doing well without medication, and also has a history of frequent urinary tract infections. She asks you about medications that she may need to take after delivery, and how they may affect her newborn.
- Which one of the following would be contraindicated if she breastfeeds her infant?
- A) Amoxicillin
 - B) Macrodantin (Macrobid)
 - C) Valproic acid (Depakote)
 - D) Lithium
185. A 62-year-old female with numbness in the lower extremities and macrocytosis has a normal serum folate level and a serum B₁₂ level of 200 pg/mL (N 150–800). Which one of the following laboratory findings would confirm the diagnosis of B₁₂ deficiency?
- A) Elevated angiotensin converting enzyme
 - B) Elevated methylmalonic acid
 - C) Elevated free erythrocyte protoporphyrin
 - D) Low haptoglobin
 - E) Low homocysteine

186. In prescribing an exercise program for elderly, community-dwelling patients, it is important to note that
- A) graded exercise stress testing should be done before beginning the program
 - B) target heart rates should be 80% of the predicted maximum
 - C) the initial routines can be as short as 6 minutes repeated throughout the day and still be beneficial
 - D) treadmill walking is especially beneficial to patients with peripheral neuropathy
187. Which one of the following has been shown to decrease mortality late after a myocardial infarction?
- A) Nitrates
 - B) β -Blockers
 - C) Digoxin
 - D) Thiazide diuretics
 - E) Calcium channel antagonists
188. A rural community college has requested your guidance in offering a preventive health program to its students. The most appropriate plan would include which one of the following?
- A) Mammograms for female students
 - B) Lead poisoning screening for all students
 - C) Stool occult blood kits for students
 - D) Smoking cessation programs
 - E) An annual routine physical examination for all students
189. A 53-year-old white female visits your office for her annual examination. During the last year she has stopped having menstrual periods and has had moderately severe sleep disturbance. She has been waking up at night with sweats. She denies other problems or complaints. She has a previous history of depression and her family history is significant for osteoporosis, heart disease, and Alzheimer's disease in older members of her family. There is no family history of breast cancer. The patient is concerned about her future and current health and wants to know the benefits and risks of hormone replacement therapy (HRT).
- Which one of the following statements about HRT is correct?
- A) It protects against coronary heart disease
 - B) It slows progression of Alzheimer's disease
 - C) It improves symptoms of depression
 - D) It improves vaginal dryness
 - E) It improves urinary incontinence

- 190.** Children of an elderly man who suffers from Alzheimer's disease are bothered by his wandering and pacing behaviors. You have started treatment with a cholinesterase inhibitor, but the behavior persists. They ask you to prescribe additional drug therapy.

You would recommend which one of the following?

- A) No additional drug therapy
- B) Risperidone (Risperdal)
- C) Citalopram (Selexa)
- D) Lorazepam (Ativan)
- E) Valproic acid (Depakote)

- 191.** A 12-year-old Hispanic female is brought to your office because of the recent onset of a white vaginal discharge. She is otherwise asymptomatic and has never menstruated. She denies sexual activity and a general examination reveals no abnormalities. You note the presence of breast buds and scant pubic hair. Microscopic examination of the vaginal discharge shows sheets of vaginal epithelial cells.

Which one of the following is most likely in this setting?

- A) Pinworm (*Enterobius vermicularis*) infestation
- B) Sexual abuse
- C) Vaginal foreign body
- D) Trichomoniasis
- E) Physiologic secretions

- 192.** A 3-week-old white male presents with a history of several days of projectile vomiting after feeding, and documented weight loss despite a good appetite. There is a questionable history of a paternal uncle having surgery for a similar problem when he was an infant.

Which one of the following findings is a characteristic sign of this disease?

- A) Hypochloremic alkalosis
- B) Pneumonia
- C) Generalized abdominal distention
- D) Currant jelly stool
- E) Direct hyperbilirubinemia

- 193.** A 38-year-old widow consults you 2 years after her husband's accidental death. She is planning to remarry and asks about the possibility of resuming the low-dose oral contraceptives she took before she was widowed.

Which one of the following may contraindicate resumption of oral contraceptives?

- A) Her 42-year-old sister has breast cancer
- B) Her blood pressure is 135/88 mm Hg
- C) She smokes a pack of cigarettes each day
- D) She has a history of migraines resistant to triptans
- E) Her LDL/HDL ratio is 2.8

Items 194-200: Refer to Pictorial Atlas insert, center of book.

- 194.** An 8-year-old white male presents with a 4-day history of erythematous cheeks, giving him a “slapped-cheek” appearance. Examination of the extremities reveals a mildly pruritic, reticulated, erythematous, maculopapular rash (see **Figure 1**). He is afebrile and no other constitutional symptoms are present.

The most likely etiologic agent is

- A) human parvovirus
 - B) adenovirus
 - C) cytomegalovirus
 - D) coxsackievirus
- 195.** When performing a health maintenance evaluation on a 50-year-old African-American male, you observe the funduscopic picture seen in **Figure 2**. This finding is characteristic of
- A) diabetes mellitus
 - B) Waldenstrom’s macroglobulinemia
 - C) intravenous drug use
 - D) atherosclerotic vascular disease

- 196.** An 80-year-old white male is admitted to the hospital with an acute myocardial infarction. He is given an antiarrhythmic for ventricular ectopic beats. During monitoring in the coronary care unit, he develops the rhythm shown on the EKG in **Figure 3**.

This rhythm is best described as

- A) ventricular flutter
 - B) ventricular fibrillation
 - C) ventricular tachycardia
 - D) torsades de pointes
- 197.** An 8-year-old male is brought to your office with a 3-day history of a rash on his chest. The only symptom is mild pruritus. The child is otherwise healthy with no systemic symptoms. The mother and child cannot think of any recent exposure to new substances that may have contributed to this rash. The rash is shown in **Figures 4 and 5**.

Which one of the following is the most likely diagnosis?

- A) Atopic dermatitis
- B) Molluscum contagiosum
- C) Herpes zoster
- D) Pityriasis rosea
- E) Tinea corporis

198. A 70-year-old white female asks you to evaluate her right shoulder because of pain and limited motion. Two months ago she remembers “catching herself” while holding the refrigerator door handle when she slipped on a wet floor.

She demonstrates pain and weakness at 45° of abduction and weakness on external rotation. A radiograph of the affected shoulder is shown in **Figure 6**.

She should be treated for

- A) bicipital tendinitis
 - B) disruption of the glenoid fossa
 - C) rotator cuff tear
 - D) acromioclavicular separation
 - E) incomplete fracture of the humeral head
199. A 6-year-old female is brought to your office by her mother for a pruritic rash on her lower abdomen that has been present for about 6 months. The mother states that at times the rash will completely clear up, only to reappear at the same location. The child has had no other skin disorders and is otherwise healthy. The rash is shown in **Figure 7**.

Which one of the following is the most likely cause of her condition?

- A) Eczema
 - B) Herpes zoster
 - C) Nickel sensitivity
 - D) Squamous cell cancer
 - E) Tinea corporis
200. The audiogram in **Figure 8** is that of a 48-year-old white male performed as part of a preemployment examination. The most likely cause of his hearing loss is
- A) recurrent otitis media as a child
 - B) previous employment as a machinist
 - C) presbycusis
 - D) traumatic perforation of the right tympanic membrane
 - E) Meniere’s disease of the left ear

END OF BOOK

Please check the top of your answer sheet to insure that your Program Number, Resident Number, and Residency Year are filled in correctly.

GENERAL INSTRUCTIONS

Each of the questions or incomplete statements in this book is followed by four or five answers or completions. Select the **ONE** that is **BEST** in each case. You are advised to respond to all items. Even though you may be in doubt about the correct answer, selecting the choice that you consider to be the best will maximize the likelihood of your examination scores reflecting the breadth of your knowledge.

You may make preliminary notes or calculations in the test book, but credit is given only for answers marked on the answer sheet. Only one choice should be marked for each response set. Double answers are treated as wrong answers. After you have decided upon the best answer, completely fill in the circle containing the corresponding letter on the answer sheet. Use only the pencil which was supplied with the examination; do not use a pencil with hard lead or a ball-point or felt-tipped pen. Make no stray marks on your answer sheet. Do not fold or damage the answer sheet.

If you wish to change an answer, **erase your first mark completely** and mark your new choice. Take care in marking your answers since **SOME ITEMS HAVE FEWER THAN 5 OPTIONS**.

This book contains a pictorial atlas for use with questions 194–200. It may be removed from the book for easier handling.

EXAMPLE

1. To which one of the following systems of the body does the heart belong?
- A) Digestive
 - B) Circulatory
 - C) Central nervous
 - D) Endocrine
 - E) Musculoskeletal
- 1 (A) ● (C) (D) (E)

DO NOT BREAK THE SEAL UNTIL YOU ARE TOLD TO DO SO.