

# Periodontal Disease in the Female Patient

## AMA/CME Test 226

(Test valid through September 30, 2003)

This activity has been planned and produced in accordance with ACCME Essentials. The estimated time to complete this activity is 1 hour.

Instructions: Read the article beginning on page 12 and select the best answer for each of the following questions. Test form and mailing instructions are on the next page.

1. In adults, periodontal disease (PD) is the leading cause of:
  - a. dental caries.
  - b. oral cancer.
  - c. tooth loss.
  - d. gastroesophageal reflux disease.
2. The build-up of periodontal plaque biofilm can induce the production of:
  - a. inflammatory mediators.
  - b. pathogen-specific antibodies.
  - c. excessive amounts of leukocytes.
  - d. systemic histamines.
3. Risk factors for PD include:
  - a. neutrophil abnormalities.
  - b. diabetes mellitus.
  - c. smoking.
  - d. all of the above.
4. Flare-ups of PD at menarche, premenstrually, and during menstruation and pregnancy may occur because:
  - a. increased estrogen production reduces host defenses.
  - b. these events are all associated with increased fluid retention.
  - c. these events make the oral and nasal tissues more friable and susceptible to injury.
  - d. the gingiva contains high-affinity estrogen receptors.
5. Moderate to severe gingivitis occurs in pregnant women at a rate of:
  - a. 33% to 50%.
  - b. 60% to 75%.
  - c. 10% to 25%.
  - d. 25% to 35%.
6. Studies suggest that oral contraceptive (OC) users who must take antibiotics for PD should:
  - a. use some method of back-up contraception.
  - b. discontinue OCs because they can aggravate PD.
  - c. switch to OCs with a higher hormonal dosage.
  - d. switch to a nonhormonal method of contraception.
7. Periodontal disease may lead to preterm labor, low birthweight, and associated adverse pregnancy outcomes due to:
  - a. release of fetotoxic infection byproducts.
  - b. lack of appetite and poor nutrition.
  - c. amnionitis resulting from spread of the infection.
  - d. production of cytokines and prostaglandins.
8. Not only do PD and osteoporosis both appear to respond to bisphosphonates and/or hormone replacement therapy (HRT), but they may share a causal link through:
  - a. estrogen deprivation.
  - b. long-term inadequate calcium intake.
  - c. inflammatory mediators.
  - d. early menopause.
9. Diabetics are more likely to develop PD than nondiabetics by a factor of about:
  - a. 2 times.
  - b. 10 times.
  - c. 20 times.
  - d. 4 times.
10. Research had suggested that inflammatory processes may be a factor in both PD and cardiovascular disease (CVD), but more recent studies:
  - a. found postmenopausal changes to be a more likely link.
  - b. showed no evidence of a PD-CVD link.
  - c. traced an association to high cholesterol levels.
  - d. demonstrated a major link with estrogen deprivation.

# The FEMALE PATIENT® / Test 226

## Periodontal Disease in the Female Patient Kenneth Buelmann, DDS; Naomi Stillman, DDS, MPH

(Test valid through September 30, 2003. No credit will be given after that date.)

Record your answers here by circling the appropriate letter:

1. a b c d
2. a b c d
3. a b c d
4. a b c d
5. a b c d
6. a b c d
7. a b c d
8. a b c d
9. a b c d
10. a b c d

Name

(Please print)

Last

First

Initial

Degree

Specialty

Address

City

State/ZIP

Phone #

I have read this article and completed this activity in \_\_\_\_\_ hours.

Signature

Date

For you to obtain credit, 70% or more of your answers must be correct. To cover costs of processing, please enclose a check for \$10, which is tax-deductible, payable to the Division of Continuing Medical Education (TFP), and mail with this answer sheet to:

TFP-CME BOX #2  
QUADRANT HEALTHCOM INC.  
26 Main St., Chatham, NJ 07928-2402

Participants will receive certification for their records in approximately 10 to 12 weeks.

## Course Evaluation

Albert Einstein College of Medicine would like to have your opinion. Your evaluation will help us to plan future CME tests for *The Female Patient*®. We urge you to complete this questionnaire and mail it back to us with your completed test. Thank you for your cooperation.

1. How do you rate the information in this article?  
 Superior     Satisfactory     Unsatisfactory
2. Will the materials presented influence the way you treat your patients?  
 Yes     No
3. Did this activity meet its objectives?  
 Yes     No
4. What recommendations do you have to improve this activity?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5. Were any portions of this activity unsatisfactory or inappropriate? If so, which ones?  
\_\_\_\_\_  
\_\_\_\_\_

6. Do you find the information presented in this activity to be fair, objective, and balanced?  
 Yes     No

7. What subjects would you include in future activities?  
\_\_\_\_\_  
\_\_\_\_\_

8. In your opinion, were the authors biased in their discussion of any commercial product or service?  
 Yes     No

Comments

\_\_\_\_\_  
\_\_\_\_\_