

Thyroid Disease in Pregnancy

AMA/CME Test 219

(Test valid through February 28, 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 14 and select the best answer for each of the following questions. Test form and mailing instructions are on the next page.

- During pregnancy, the thyroid increases slightly in volume because of:
 - increased vascularity.
 - a small amount of glandular hyperplasia.
 - an increase in thyroid-binding globulin (TBG) levels.
 - a and b.
- Which laboratory test(s) is (are) recommended in evaluating thyroid function in pregnant women?
 - total thyroxine (T_4) and tri-iodothyronine (T_3)
 - TBG
 - free T_4 , free T_3 , and thyroid-stimulating hormone (TSH)
 - resin T_3 uptake
- Which statement about TSH-receptor antibodies (TSHR-Ab) is *true*?
 - They are present in approximately 50% of patients with Graves' disease.
 - Levels should be measured in euthyroid gravidas with antecedent Graves' disease in remission.
 - Levels do not need to be measured in gravidas with antecedent Graves' disease treated with radioiodine or surgery
 - Levels should be measured during the third trimester in gravidas with active Graves' disease.
- Transient hyperthyroidism is a more likely diagnosis than Graves' disease in gravidas with:
 - hyperemesis gravidarum.
 - goiter.
 - extrathyroidal signs.
 - serum thyroid antibodies.
- The author's recommended first-line treatment for Graves' disease in US pregnant women is:
 - methimazole.
 - propylthiouracil.
 - carbimazole.
 - radioactive iodine.
- Diagnostic options for pregnant women with thyroid nodules include all of the following *except*:
 - fine needle aspiration.
 - ultrasonography.
 - radionuclide scanning.
 - thyroid function tests.
- What is the prevalence of overt hypothyroidism among pregnant women?
 - Fewer than 1%
 - 2%
 - 4%
 - 8%
- What is the recommended starting dose of L-thyroxine in gravidas with hypothyroidism?
 - 1.6 μg daily
 - 1.6 μg per kg daily
 - 1 μg per kg daily
 - 1 μg per kg twice daily
- The author suggests that offspring of gravidas with hypothyroidism might be at increased risk for:
 - musculoskeletal deformities.
 - hematologic disorders.
 - impaired neurointellectual development.
 - diabetes.
- Diagnosis of postpartum thyroiditis is based on:
 - no prior history of thyroid dysfunction.
 - abnormal TSH levels during the first year postpartum.
 - negative TSHR-Ab.
 - all of the above.

The FEMALE PATIENT® / Test 219

Thyroid Disease in Pregnancy Gayle L. Olson, MD

(Test valid through February 28, 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)

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First

Initial

Specialty

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City

State/ZIP

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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.

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 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?

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 Yes No

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