

# JEMDSA

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**Please answer the following questionnaire online.**

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**1. Which of the following statements regarding diabetes and neurological function is true?**

- a. Changes in mood are not associated with structural neurological changes.
- b. Older individuals with diabetes experience more affective symptoms than cognitive symptoms.
- c. Insulin has positive neuromodulatory and neurocognitive effects.
- d. Metformin is neutral in respect of its neurological effects.

**2. Which of the following is not a putative mechanism of cardiac protection associated with SGLT2 inhibitors?**

- a. Improved energy metabolism due to increased ketones.
- b. Inhibition of the Na<sup>+</sup>/K<sup>+</sup> exchange.
- c. Improved cardiac remodelling, improved autophagy and lysosomal degradation.
- d. Reduced ischaemic reperfusion injury.

**3. Which of the following statements regarding the adverse effects of smokeless tobacco is true?**

- a. The adverse effects of smokeless tobacco vary from region to region.
- b. Studies report an increased association with lung cancer.
- c. Tobacco use may increase the prevalence of diabetic neuropathy.
- d. Smokeless tobacco significantly increases cardiovascular risk in all populations.

**4. In patients with respiratory disease, which of the following is applicable to the enzyme dipeptidyl peptidase 4 (DPP 4)?**

- a. It is downregulated in smokers.
- b. It is upregulated in asthma.
- c. It is upregulated in chronic obstructive pulmonary disease.
- d. b and c.

**5. Where does Saudi Arabia rank in diabetes incidence worldwide, according to the World Health Organization?**

- a. 1<sup>st</sup>
- b. 3<sup>rd</sup>
- c. 5<sup>th</sup>
- d. 7<sup>th</sup>

**6. In the South African setting, what proportion of patients attending primary healthcare facilities in the public sector achieve an HbA1c < 7%?**

- a. < 10%
- b. 10–30%
- c. 30–50%
- d. 50–70%