

CONTINUING PROFESSIONAL DEVELOPMENT ACTIVITY FOR DIETITIANS

SAJCN CPD activity No 22 – November 2003

You can obtain 3 CPD points for reading the article: "**Changes in bone markers of bone turnover with urbanization in black South African women**" and answering the accompanying questions.

This article has been accredited for CPD points for dietitians. (Ref number: 03/3/105/12)

HOW TO EARN YOUR CPD POINTS

1. Check your name and HPCSA number.
2. Read the article and answer all the questions.
3. Indicate your answers to the questions by coloring the appropriate block(s) in the cut-out section at the end of this questionnaire.
4. You will earn 3 CPD points if you answer more than 75% of the questions correctly. If you score between 60-75% 2 points will be allocated. A score of less than 60% will not earn you any CPD points.
5. Make a photocopy for your own records in case your form is lost in the mail.
6. Send the cut-out answer form **by mail**, NOT BY FAX to: SASPEN Secretariat, SAJCN CPD activity **No 22**, c/o Department of Human Nutrition, PO Box 19063, Tygerberg, 7505 to **reach the office not later than 18 February 2004**. Answer sheets received after this date will not be processed.

PLEASE ANSWER ALL THE QUESTIONS

(There is only **ONE** correct answer per question.)

1. The primary determinant for attainment of peak bone mass is:
[a] Genetics
[b] Diet
[c] Exercise
[d] Testosterone levels
2. Black postmenopausal women may have a skeletal resistance to parathyroid hormone, have high blood levels of PTH and therefore excrete less calcium in the urine.
[a] True
[b] False
3. In this study both age and urbanisation result in increased BMI.
[a] True
[b] False
4. Bone-specific alkaline phosphatase is a marker for osteoblast function.
[a] True
[b] False
5. A high animal protein diet is associated with
[a] Decreased urinary calcium excretion
[b] Increased urinary calcium excretion
[c] Increased intestinal calcium absorption
[d] Improved calcium balance
6. In this study, the urbanised population had a high level of urinary NTx, a marker of bone resorption.
[a] True
[b] False
7. In this study, NTx, a marker of bone resorption was significantly positively correlated with
[a] Calcium-protein ratio
[b] Body mass index
[c] Fibre
[d] Magnesium
8. Urbanisation in the study population resulted in a
[a] Decrease in dietary calcium intake
[b] Increase in dietary calcium intake
9. Osteocalcin, a marker of bone turnover is increased during
[a] High calcium intake
[b] Elevated blood levels of vitamin D
[c] Growth
[d] Old age
10. Body mass index is _____ correlated with osteocalcin, indicating that body mass is associated with a reduction in bone turnover and bone-protective.
[a] Positively
[b] Negatively
11. In this study urbanisation of the postmenopausal women influenced the following negatively:
[a] Bone formation
[b] Bone degradation
[c] Dietary magnesium intake
[d] Body mass index
12. There is some evidence that an up-regulation of vitamin D receptors may be responsible for more efficient calcium absorption in blacks.
[a] True
[b] False

✂ Cut along the dotted lines and send to: SASPEN Secretariat, SAJCN CPD activity **No 22**, c/o Department of Human Nutrition, PO Box 19063, Tygerberg, 7505 to **reach the office not later than 18 February 2004**

HPCSA number: DT

Surname as registered with HPCSA: _____ Initials: _____

Postal address: _____

Code: _____

Full member of ADSA: yes no If yes, which branch do you belong to? _____

Full member of SASPEN: yes no Full member of NSSA: yes no

"Changes in bone markers of bone turnover with urbanization in black South African women"

MC Kruger, RM de Winter, PJ Becker, HH Vorster

Please color the appropriate block for each question

(e.g. if the answer to question 1 is a: 1) a b)

- | | | | |
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| 1) <input type="checkbox"/> a <input type="checkbox"/> b <input type="checkbox"/> c <input type="checkbox"/> d | 2) <input type="checkbox"/> a <input type="checkbox"/> b | 3) <input type="checkbox"/> a <input type="checkbox"/> b | 4) <input type="checkbox"/> a <input type="checkbox"/> b |
| 5) <input type="checkbox"/> a <input type="checkbox"/> b <input type="checkbox"/> c <input type="checkbox"/> d | 6) <input type="checkbox"/> a <input type="checkbox"/> b | 7) <input type="checkbox"/> a <input type="checkbox"/> b <input type="checkbox"/> c <input type="checkbox"/> d | 8) <input type="checkbox"/> a <input type="checkbox"/> b |
| 9) <input type="checkbox"/> a <input type="checkbox"/> b <input type="checkbox"/> c <input type="checkbox"/> d | 10) <input type="checkbox"/> a <input type="checkbox"/> b | 11) <input type="checkbox"/> a <input type="checkbox"/> b <input type="checkbox"/> c <input type="checkbox"/> d | 12) <input type="checkbox"/> a <input type="checkbox"/> b |