

## GENERAL MEDICINE MARCH ANSWERS

QUESTIONS	ANSWERS
1. Alpha-methyl guanidinoacetic acid can be obtained from dietary sources, such as: a. Beans and pulses b. Fruit and vegetables c. Meat and fish d. Rice and pasta	c
2. Activities requiring power output for more than a few moments rely on glycolysis rather than immediate ATP stores. a. True b. False	a
3. Creatine is cleared by the kidneys, and the metabolism of creatine in the muscle results in increased intracellular water, potentially leading to cellular electrolyte imbalances that might be exacerbated by exercise in _____ conditions a. Cold, dry b. Cold, wet c. Hot, dry d. Hot, humid	d
4. Creatine effects on growth and other parameters in young athletes may exist, and long-term effects on the kidneys are unknown. a. True b. False	a