

GENERAL MEDICINE CURRENT STUDIES MARCH ANSWERS

QUESTIONS	ANSWERS
<p>1. The food supplement creatine is a natural guanidine compound that plays a pivotal role in the _____ of cellular energy.</p> <p>a. Regulation b. Consumption</p>	a
<p>2. It has been estimated that more than one third of university athletes regularly use creatine to improve muscular performance.</p> <p>a. True b. False</p>	a
<p>3. In vitro and in vivo studies indicate neuroprotective effects of creatine in several animal models of which neurodegenerative or acute neurological diseases?</p> <p>a. Huntington disease b. Parkinson disease c. Amyotrophic lateral sclerosis d. Ischaemic stroke e. All of the above</p>	e
<p>4. In this study, patients received either oral creatine or a placebo in a blinded fashion at a loading dose of 20 g daily for 6 days, followed by 2 g daily for 6 months, and ___g daily for the remainder of the study.</p> <p>a. 2 b. 3 c. 4 d. 5</p>	c
<p>5. Results of the literature review on the use of creatine in medical research showed that a total of 2,064 patients were treated in ____ RCTs between 2000 and 2005 alone.</p> <p>a. 135 b. 136 c. 137</p>	b
<p>6. Findings suggestive of new renal damage were more significant in the creatine group, compared with the placebo group.</p> <p>a. True b. False</p>	<p><i>b – False. Findings suggestive of new renal damage were comparable between the creatine and placebo groups.</i></p>
<p>7. It is evident that creatine supplementation has to be given for a long period to be effectively neuroprotective.</p> <p>a. True b. False</p>	a
<p>8. Patients in the creatine group performed better in a subscale of the UPDRS testing for_____.</p> <p>a. Mobility b. Quality of life c. Depression d. Renal function</p>	c