

Lesson Two Quiz

An Overview of The Premenstrual Syndrome

- The two phases of the menstrual cycle are known as**
 - a. luteal and follicular.
 - b. early and late.
 - c. pre-follicular and follicular.
 - d. pre & post ovulation.
- Progesterone levels**
 - a. remain the same throughout the menstrual cycle.
 - b. increase in the luteal phase.
 - c. increase in the follicular phase.
 - d. are in constant change throughout the menstrual cycle.
- PMS**
 - a. is associated primarily with the follicular phase of the menstrual cycle.
 - b. occurs throughout the cycle.
 - c. appears to be associated primarily with the luteal phase of the menstrual cycle.
 - d. is directly associated with the beginning of menses.
- PMS**
 - a. has an emotional component.
 - b. has a physiological component.
 - c. is characterized by symptoms that begin within 2 weeks prior to menses.
 - d. all of the above
- Which of the following is (are) true regarding PMS?**
 - a. It is estimated that 20% to 50% of women of reproductive age have symptoms.
 - b. The onset of PMS is very rapid.
 - c. The onset of symptoms is associated with menses.
 - d. PMS has occurred only in the last decade.
- Which of the following are somatic symptoms of PMS?**
 - a. anxiety
 - b. breast tenderness
 - c. alopecia
 - d. general loss of control
- Which of the following is the cause of PMS?**
 - a. hormonal imbalance
 - b. alterations in blood sugar
 - c. thyroid dysfunction
 - d. The exact etiology of PM is still unclear
- Which of the following has been used for treating PMS?**
 - a. vitamin C
 - b. pyridoxine
 - c. vitamin E
 - d. all of the above
- Which of the following is true regarding progesterone use in PMS?**
 - a. progesterone will cure PMS
 - b. oral micronized progesterone therapy has never been useful in any patients with PMS
 - c. rectal dosage formulations have not been well accepted and their absorption has not been consistent
 - d. progesterone therapy must be started at the beginning of the cycle
- Which of the following is a prolactin inhibitor?**
 - a. bromocriptine
 - b. progesterone
 - c. sprinolactone
 - d. pyridoxine
- Which of the following has been useful in premenstrual mastalgia because of its antiestrogen effects?**
 - a. multiple vitamins
 - b. progesterone
 - c. tamoxifen
 - d. estradiol
- Which of the following drugs is a synthetic androgen used in endometriosis and also used in PMS for relief of breast pain and tenderness?**
 - a. multiple vitamins
 - b. tamoxifen
 - c. spironolactone
 - d. none of the above
- Alprazolam**
 - a. has been useful in a variety of symptoms in women with PMS.
 - b. is administered throughout the cycle.
 - c. produces no adverse effects.
 - d. a & c
- Which of the following diuretics have been used for severe bloating and edema in women with PMS?**
 - a. triamterene
 - b. sprinolactone
 - c. pyridoxine
 - d. naltrexone
- PMS**
 - a. is a complex disease with both psychological and physical symptoms.
 - b. is associated with the onset of menses.
 - c. is cured with a variety of drugs from many classes.
 - d. a & c
- Did this CE article achieve its stated objectives?**
 - a. yes
 - b. no
- How much of this program can you apply in your practice?**
 - a. all
 - b. some
 - c. very little
 - d. none
- Approximately how long did it take you to read the article, study it and answer all questions?**
 - a. 1-1 1/2 hours
 - b. longer
 - c. less
- Type of practice**
 - a. retail
 - b. hospital, institutional
 - c. manufacturing, distribution, other
- Indicate date you completed this exam (required).**

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