



Were you paying attention? Test your retentive capacities on issues raised in this edition of *Africa Health*. You can quietly test yourself, or – and we're particularly keen on this – you could make it a part or the foundation of a Journal Club in your department or health institution. Life-long learning is a collaborative exercise and the whole health team can be positively stimulated by being involved in such discussion.

1. Communicable or non-communicable, malaria blurs the distinction

Qi: Sickle cell disease increases the risk of stroke and which other three medical conditions?

Qii: Which is the most common paediatric cancer in equatorial Africa accounting for up to 74% of childhood malignant disorders?

Qiii: What percentage of cerebral malaria survivors suffer long-term neurological and cognitive impairment?

2. Scaling up TB screening and isoniazid preventive therapy

Qi: Isoniazid preventive therapy (IPT) reduces the risk of developing tuberculosis by how much?
 a. 33%
 b. 48%
 c. 54%

Qii: What are the symptoms that make up the clinical algorithm to screen children? (Four symptoms).

Qiii: For how long should children over 1 year old and living with HIV be given IPT?
 a. 3 months
 b. 9 months
 c. 6 months

Qiii: Past history of TB and current pregnancy should not be contraindications for starting IPT. Is this statement
 a. True
 b. False

3. Tropical skin infections

Qi: If an 'insect bite' is still causing problems after 3 to 4 weeks, which alternative diagnoses should be considered?

Qii: The 'tumbu fly' typically lays its eggs on drying clothes. they hatch out and penetrate the skin when the clothes are worn. What is the easiest way to prevent this?

4. Helminths

Qi: Two nematodes cause respectively 90% and 10%

of lymphatic filariasis globally and are prevalent across much of South and South East Asia and sub-Saharan Africa. Which are they?

Qii: How is the cestode *Diphyllobothrium latum* acquired?
 a. From consuming mangos
 b. From consuming raw or undercooked freshwater fish.
 c. From consuming undercooked pork

5. Evidence Update

Qi: *P vivax* is one species of the malaria parasite which causes illness in humans. How many other species are there?

Qii: The 'liver stage' of *P vivax* can become active and cause a relapse of symptoms years after the initial illness. Is this statement
 a. True
 b. False

6. Medicine Digest

Qi: It has been thought that an important factor in sustaining the HIV epidemic in Africa is concurrent sexual partnerships. A new study shows that another factor is more important. What is it?

Qii: The World Health Organization recommends exclusive breastfeeding as probably the most effective way of saving the lives of young children. How long does it recommend a mother exclusively breastfeed?

Qiii: A nationwide outbreak of *Salmonella* Typhimurium infection in the USA was traced to which food product?
 a. Roasted caterpillars
 b. Peanut butter
 c. Raw cabbage

Qiv: Which medical condition is at risk of increasing if a patient stops aspirin prophylaxis?

Qv: *Helicobacter pylori* is thought to be the cause of what percentage of gastric cancers?
 a. 32%
 b. 15%
 c. 60%

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- Q1**
 i. Organ damage, bacterial infections, and complications of blood transfusion.
 ii. Endemic Burkitt's lymphoma.
 iii. Up to 25%
- Q2**
 i. a) 33%
 ii. Poor weight gain; fever; current cough; contact history with aTB case
 iii. Answer c) 6 months.
- Q3**
 i. Myiasis or cutaneous leishmaniasis.
 ii. Iron the clothes before wearing.
- Q4**
 i. *Wuchereria bancrofti* and *Brugia malayi*
 ii. Answer b, from consuming raw or undercooked freshwater fish.
- Q5**
 i. Four.
- Q6**
 Qi: The lifetime number of sexual partners.
 Qii: Six months.
 Qiii: Peanut butter.
 Qiv: Myocardial infarction
 Qv: Answer c) 60%..

