



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. Malaria among nomads and migrants

Qi: The health and disease profile of nomads differs from the settled populations among whom they move. Is this statement

- True
- False

Qii: What should be borne in mind when addressing commonly occurring diseases within the nomadic society?

Qiii: Some African cities have conditions that promote breeding of anophelene mosquitoes. What are these?

- Swimming pools
- High-rise buildings
- Gardens

### 2. Asthma, atopy, and COPD in sub-Saharan countries

Qi: Globally, about 300 million people have asthma. How many are in Africa?

Qii: COPD is less common in developing countries. Why is this and why is it likely to change?

Qiii: In Rwanda and some African countries what serves as the main diagnostic proof of asthma?

- dry cough
- presence of phlegm
- wheeze

### 3. Hypertension

Qi: Patients with hypertension are classified into two groups. What are they and what percentage are in each?

Qii: Hypertensive renal failure is more likely to develop in the African/Caribbean population than in Caucasian counterparts. How much more likely?

- 10 times
- 36 times
- 20 times

Qiii: What is the cause of about 50% of individuals with an identifiable cause of hypertension?

Qiv: Hypertension is classified as mild, moderate, or severe.

a) What should all hypertensive patients be offered?  
b) what is recommended in all patients with moderate hypertension or above?

Qv: Should aspirin be used as a primary prevention in patients with hypertension or diabetes?

### 4. Clinical Review

Qi: Among people living with HIV/AIDS which group shows the greatest prevalence of STI co-infection?

Qii: Recent anti-malaria research suggests giving the drug ivermectin to inhabitants. Where is considered the best geographical area to do this?

Qiii: In patients with hepatitis C virus, patients present typically with hepatomegaly, ascites, and which other symptom?

### 5. Medicine Digest

Qi: The main risk factors for disability-adjusted life-years (DALYs) are said to be alcohol, un-safe sex and lack of contraception, and which two others?

Qii: Which age-group of people are most likely to be affected by group A meningococcal meningitis?

- Under the age of 30
- between 35 and 50
- Over 50

Qiii: It is estimated that globally there are about 50 million dengue infections each year. Where do they mainly occur?

Qiv: Thyroid autoantibodies are common in women of reproductive age. Which risk factors are increased by their presence?

Qv: Isoniazid prophylaxis against TB is not effective in treating HIV-infected or HIV-uninfected children. Why is this?

Qvi: Around the world how many deaths are estimated to be due to high levels of arsenic in drinking water?

- 1 in 10
- 1 in 34
- i in 54