

Online Quiz

Ten Questions about Diabetes Mellitus

This quiz is related to the Research in Translation article in the December issue of *PLoS Medicine* (DOI: 10.1371/journal.pmed.0010058).

Gavin Yamey*, Virginia Barbour

Question 1. In the year 2000, roughly how many adults (20 years of age and older) worldwide had diabetes mellitus?

- 50 million
- 170 million
- 500 million

Question 2. What is the approximate annual direct cost of intensive insulin treatment?

- About \$3,500 per patient
- About \$7,000 per patient
- About \$10,000 per patient

Question 3. What is the approximate cost of islet cell transplantation?

- \$50,000 per patient, per transplant
- \$150,000 per patient, per transplant
- \$250,000 per patient, per transplant

Question 4. After 20 years of type 1 diabetes, what is the estimated cumulative risk of albuminuria?

- Around 5%
- Around 16%
- Around 30%
- Around 50%

Question 5. Which of the following interventions for reducing the risk of progression of early diabetic nephropathy is best supported by evidence?

- Tight blood pressure control
- Protein restriction
- Lipid lowering

Question 6. Which of the following best reflects the association between blood glucose level and mortality in people with type 2 diabetes?

- There is a positive, although weak, association between increased glucose and increased mortality
- There is a positive, and very strong, association between increased glucose and increased mortality
- There is no association between glucose level and mortality

Question 7. For people with healed diabetic foot ulcers, what is the 5-year cumulative rate of ulcer recurrence?

- 15%
- 30%
- 45%
- 65%

Question 8. Which of the following interventions for preventing foot complications in people with diabetes is best supported by evidence?

- Therapeutic footwear for preventing ulcer recurrence
- Screening and referral to foot care clinics to prevent major amputations in those at high risk
- Education programs for preventing ulcer recurrence, serious foot lesions, and major amputations

Question 9. What proportion of patients with type 1 diabetes have thyroid peroxidase autoantibodies?

- About one in five
- About one in ten
- About one in 100

Question 10. Which of the following best reflects the evidence from randomized controlled trials on the optimum HbA1C for people with diabetes?

- These trials found that development or progression of complications increases progressively as HbA1c increases above the nondiabetic range, and that there is a glycemic threshold above which there is a risk of complications
- These trials found that development or progression of complications increases progressively as HbA1c increases above the nondiabetic range, but there is no lower glycemic threshold for the risk of complications

Citation: Yamey G, Barbour V (2004) Test your knowledge: Ten questions about diabetes mellitus. *PLoS Med* 1(12):e75.

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Gavin Yamey and Virginia Barbour are both senior editors at *PLoS Medicine*.

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DOI: 10.1371/journal.pmed.0010075

The Diabetes Question And Answer

Camilla Rothe



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