

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%
- ☐ 66%

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

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Tao Wei



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