



CME QUIZ ME-JAA

Ahmed is 52 year old executive in a tool factory. You have just completed a company instigated medical check.

Ahmed states that he has had no significant illness and is on no medication.

There is no family history of significance, and in fact both his parents are in their 70's and as far as he knows are still well and active. He himself plays golf twice a week, and the only negative item is that Ahmed continues to smoke 15 cigarettes a day.

On reflection he recalls that a few years ago he had indigestion for a few weeks. Endoscopy was performed, results are unknown, but he has had no further indigestion problems since and is on no medication.

Examination

On general inspection Ahmed looks healthy and alert, and is not overweight.

- Vital signs: Pulse, regular rhythm, with a rate 88/min.
- BP 145/84
- Examination of his neck reveals a systolic bruit on the left side.
- There was no bruit on the right side.

Systematic examination: No other abnormal findings.

Which of the following statements to be given to Ahmed about the level of his blood pressure is/are true. Select as many as you wish.

1. Tell Ahmed that he has mild essential hypertension
2. Advise Ahmed to commence non drug treatment for blood pressure
3. Tell Ahmed that his blood pressure is normal
4. Suggest that Ahmed should return in 4-6 weeks for BP review
5. Tell Ahmed that his blood pressure is at the upper limits of normal and arrange 2 further readings before proceeding

The first correct entry will receive a CD ROM on Management and prevention of cardiovascular

disease. Send answer to: cisilia@mediworld.com.au