



CME POST-TEST

All post-tests must be completed and submitted online.

EXPIRATION DATE: SEPTEMBER 2024

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CBT FOR TINNITUS DISTRESS

1. What percentage of the US population experiences tinnitus?
 - a. 5%
 - b. 18%
 - c. 21%
 - d. 34%
2. Of US patients with tinnitus, what percentage develops tinnitus distress?
 - a. 0.3% to 0.6%
 - b. 3% to 6%
 - c. 13% to 16%
 - d. 23% to 26%
3. Which statement about tinnitus is correct?
 - a. Primary tinnitus is idiopathic and may or may not be associated with SNHL.
 - b. Secondary tinnitus is idiopathic and may or may not be associated with SNHL.
 - c. Ménière disease can cause primary tinnitus.
 - d. Primary tinnitus is linked to a specific cause other than SNHL.
4. Which diagnostic test confirms the diagnosis of tinnitus distress?
 - a. audiogram
 - b. MRI
 - c. CT scan
 - d. No specific image or test confirms tinnitus distress; the diagnosis is based on the patient history.
5. Which treatment is recommended by AAO-HNS for patients with persistent, bothersome tinnitus?
 - a. acupuncture
 - b. sound therapy
 - c. transcranial magnetic stimulation
 - d. CBT

GENITOURINARY SYNDROME OF MENOPAUSE

6. What percentage of postmenopausal females have reported symptoms consistent with GSM?
 - a. up to 5%
 - b. up to 20%
 - c. up to 35%
 - d. up to 50%
7. Which list of symptoms contains GSM symptoms that will only resolve with intervention?
 - a. unremitting vaginal dryness, vaginal itching and burning, postcoital bleeding, stenosis of the introitus
 - b. unremitting vaginal dryness, vaginal itching and burning, postcoital bleeding, vasomotor symptoms
 - c. recurrent urinary tract infections, vasomotor symptoms, urinary urgency, urinary frequency, dysuria, nocturia
 - d. vasomotor symptoms, vaginal itching and burning, postcoital bleeding, stenosis of the introitus
8. What is one of the earliest symptoms that females recognize with menopausal changes?
 - a. stenosis of the introitus
 - b. recurrent urinary tract infections
 - c. diminished or absent vaginal lubrication associated with sexual arousal
 - d. fusion of the labia
9. In a patient with GSM, which of the following will likely be found on physical examination?
 - a. vaginal discharge with pH greater than 5 with clue cells
 - b. vaginal discharge with pH less than 5 with parabasal cells
 - c. vaginal discharge with pH less than 5 with clue cells
 - d. vaginal discharge with pH greater than 5 with parabasal cells
10. Which of the following is the most effective treatment for GSM?
 - a. vitamin E
 - b. topical estrogen
 - c. ospemifene
 - d. compounded intravaginal testosterone cream