

ALT 64 IU/l and other LFTs are normal. Examination is unremarkable, other than marked central obesity with body mass index (BMI) 34 kg/m² and waist circumference 102 cm. Which of the following statements are true and which false?

- (a) The most likely cause of the abnormal LFTs is statin-induced hepatotoxicity
- (b) AST/ALT ratio greater than 1 suggests that alcohol excess is the most likely cause of the abnormal LFTs
- (c) Liver ultrasound will allow differentiation of simple steatosis from steatohepatitis
- (d) His age, presence of type 2 diabetes, BMI and liver biochemistry suggest he is likely to have advanced fibrotic non-alcoholic fatty liver disease (NAFLD)
- (e) A weekly alcohol intake of 18 units per week is compatible with a diagnosis of NAFLD

9 Which of the following statements concerning the natural history of NAFLD are true and which false?

- (a) The prognosis of NAFLD depends on the histological stage of disease
- (b) More than 10% of patients with steatosis will progress to cirrhosis over 15–20 years
- (c) NAFLD accounts for most cases of cryptogenic cirrhosis
- (d) The risk of hepatocellular carcinoma (HCC) in NAFLD cirrhosis is considerably lower than in patients with cirrhosis related to HCV
- (e) One indication for liver biopsy in patients where the condition is suspected is the different prognoses of the different histological stages of NAFLD

10 A 48-year-old patient with hypertension and hypertriglyceridaemia is referred to his local gastroenterologist with abnormal LFTs. He has no history of diabetes and is taking

no drugs associated with steatohepatitis. His alcohol intake is 8 units per week. Blood tests fail to reveal any cause for his abnormal LFTs and ultrasound is compatible with steatosis. Liver biopsy shows steatohepatitis with bridging fibrosis falling short of cirrhosis. With respect to the management of this patient, which of the following statements are true and which false?

- (a) Randomised controlled trials suggest that weight loss by diet

and exercise will improve his liver histology

- (b) Based on pathogenetic mechanisms, his hypertension should be treated with drugs directed at the angiotensin system
- (c) Fibrates are contraindicated for his hypertriglyceridaemia
- (d) He should undergo regular surveillance for the development of oesophageal varices and HCC
- (e) He should be treated with vitamin E

Guidelines on completing the answer sheet for those who wish to submit their answers on paper

A loose leaf answer sheet is enclosed, which will be marked electronically at the Royal College of Physicians. **Answer sheets must be returned by 21 March 2006** to: CME Department (SAQs), Royal College of Physicians, 11 St Andrews Place, London NW1 4LE.

Overseas members only can fax their answers to 020 7487 4156. Correct answers will be published in the next issue of *Clinical Medicine*.

Further details on CME are available from the CME department at the Royal College of Physicians (address above or telephone 020 7935 1174 extension 306 or 309).

Your completed answer sheet will be scanned to enable a quick and accurate analysis of results. To aid this process, please keep the following in mind:

- 1 Please print your GMC Number firmly and neatly
- 2 Only write in allocated areas on the form
- 3 Only use pens with black or dark blue ink
- 4 For optimum accuracy, ensure printed numbers avoid contact with box edges
- 5 Please shade circles like this: ● Not like this: ◐
- 6 Please mark any mistakes made like this: ✖
- 7 Please do not mark any of the black squares on the corners of each page
- 8 Please fill in your full name and address on the back of the answer sheet in the space provided; this will be used to mail the form back to you after marking.

CME Dermatology SAQs

Answers to the CME SAQs published in *Clinical Medicine* November/December 2005

Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Q9	Q10
a) T	a) T	a) T	a) T	a) T	a) T	a) F	a) F	a) T	a) F
b) T	b) F	b) T	b) T	b) F	b) F	b) F	b) F	b) T	b) T
c) T	c) T	c) F	c) F	c) F	c) F	c) T	c) F	c) F	c) T
d) F	d) F	d) T	d) T	d) T	d) T	d) F	d) T	d) F	d) F
e) F	e) T	e) T	e) F	e) T	e) T	e) F	e) T	e) T	e) T