

. DM

Sunday

4 / 8



1) all of the following can be used to screen for type 2 DM except :

- A. FBG
- B. OGTT
- C. HBA1C
- D. RBS ✓

in diabetic Range ←

2) patient come to clinic with fasting blood sugar 130 , what you will do next ?

- A. Start metformin
- B. Repeat reading FBS ✓
- C. diet
- D. Reassure your pt.

لازم قراءتين
في الأضفل

العزادات ياي بتشهي ال diabetic

	HbA1c (percent)	Fasting Plasma Glucose (mg/dL)	Oral Glucose Tolerance Test (mg/dL)
Diabetes	≥ 6.5	≥ 126	≥ 200

لا يمكن نعنه ال Random في مالة كان الشهي symptomatic

• if pt. Symptomatic + RBG > 200 → diabetic ✓

• if pt asymptomatic + RBG > 200 → diabetic ✗

لا يمكن للتشهي

← تحتاج قوهات اخرى مثل ال FBG

or another Reading for Random later on > 200

3) You are evaluating a 36-year-old obese woman who complains of fatigue. She denies polydipsia, polyuria, polyphagia, or weight loss. Which of the following laboratory reports confirms the diagnosis of diabetes?

سوالين من الأرشيف
على المعلومة السابقة ←



- a. A random glucose reading of 221 mg/dl.
- b. A random glucose reading of 221 mg/dl, and another, on a later date, of 208 mg/dl.
- c. A fasting glucose measurement of 128 mg/dl. xxx
- d. A glucose reading, taken 2 hours after a 75-g glucose load, of 163 mg/dl.

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- d. A glucose reading, taken 2 hours after a 75-g glucose load, of 163 mg/dL.
- e. A hemoglobin A1C of 6.3%.

3) What is this lesion ? **Acanthosis nigricans**

Indication (cause) for?

- 1- DM type 2
- 2- Cushing
- 3- insulin resistance , PCOS
- 4- hypothyroidism
- 5- obese
- 6- some malignancies such as gastric CA



(Other sign on DM Patients)

Figure 2. Brown macules with atrophic scars on the shins of a diabetic patient



② **diabetic dermopathy**
(Most common skin lesion in Diabetics)

→ shins of bilateral lower limbs.
(hyperpigmented lesions)

④ **candidiasis** ✓ **فطر**
Cause of lower immunity ↻
(high infection)

③ **Xanthoma diabeticorum** → lipids



59) Skin diseases associated with diabetes mellitus include all the following except

سؤال من الأرشيف
على المعلومة السابقة ←

- A. xanthoma diabetecium
- B. generalized pruritis
- C. acute dermatophytis
- D. hyperhydrosis
- E. recurrent staphylococcus infection



4) all of the following medications have protective cardiovascular effect except?

- A. SGLT2 inhibitors
- B. Metformin
- C. GLP1 agonist
- D. Sulfonylureas ✓

Most effective for wt. loss , عليه , كليه و متابيه

↓ كيف يستعمل SGLT2 في كلى
Kidney

↓ inhibition reabsorption في nephrons ←

glucose → ↑ glucose in urine (+4, +5 in urinalysis) # Then → More infections

↓ but in FBG → Normal

So that, in side effects of SGLT2 → recurrent UTIs / & in females
Vaginitis / Candidiasis

↓ ممكن ينزل الكليه
ويقلل السوائل
(diuresis) → فيعمل لمرضى
HF

→ ↓ Risk of hospitalization , symptoms
↓ Risk of decompensation in HF

PE. DM + HF → SGLT2 i.

PE. DM + obese → GLP-1

↳ Prediabetic

5) If a screening FBS came back as 120, When would you repeat it?

A. 1 year ✓

↳ لكن ما بتزكم فلال هاي الفترة

B. 3 years

life-style Modification / Medications (Metformin)

C. 3 months

↳ Prevention Diabetes

D. 2 years

* DM is preventable disease

6) The target blood sugar for a diabetic patient should be :

A. FBS less than 110 A

B. Postprandial less than 180 ✓

C. HbA1C less than 6.5

عشان ما يضل المرينك ↓ hypoglycemia

Fasting blood glucose 80-130 .

Postprandial capillary blood glucose <180 .

HbA1C < 7% .

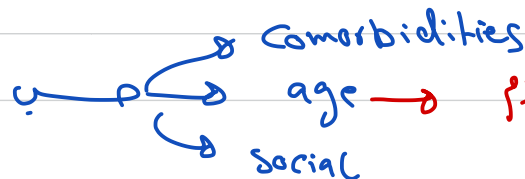
LDL <100 /on long term <70

7) Higher HbA1C target (ex. 8%) could be acceptable for an elderly patient with multiple comorbidities.

A. True ✓

B. False

↳ individualized treatment →



مثلا اذا عمره 20 وال A1C = 6.4 ، 8% ، اعدل اقلها اقل كمان

8) All are side effects of Metformin except :

A. Vit. B12 deficiency

B. Nausea

C. Diarrhea

D. Ketoacidosis ✓ → lactic acidosis ✓

very rare

↓ Cost → hypoglycemia ما بيحصل بباردة / side effects اللى بجمالها هي فقط بباردة

العلاج ، بعدها بتتغير تحف .

Tolerable

Neutral

wt. loss → حتى كل المرضين بينفوق كيلو

(loss of appetite) حتى أكثر من 4 كيلو

SGLT2 يتعملها ✓

• how to reduce side effects of Metformin ?

1• By gradual doses شوي شوي

2• مع الاكل

3• extended release : بعطي مرة وحدة باليوم و بظل فترة طويلة

9) Antidiabetic of choice in a patient with heart failure is :

A. GLP1 agonist

B. SGLT2 inhibitors ✓

C. Biguanides

D. TZDs

10) liraglutide (from GLP1) wt. loss

مشكلتها عالية

Injectable

Pancreatitis , thyroid cancer

11) all true about metabolic syndrome except :

A. LDL ... **X** not from components

• **impaired fasting blood sugar = prediabetic**

Component	Clinical Cutoff Values
Waist Circumference	≥102 cm in men ≥88 cm in women
Triglycerides	≥150 mg/dL
HDL Cholesterol	<40 mg/dL in men <50 mg/dL in women
Blood Pressure (BP)	≥130 mmHg Systolic BP or ≥85 mmHg Diastolic BP
Fasting Glucose	≥100 mg/dL
Diagnosis	Any 3 of the 5 features above