

Cardio Metabolic Risk Approach for prevention of CAD – Nuggets Revisited – a Quiz

1. What do we understand by the term CHD Equivalents?
2. Cardio Metabolic Risk – What do we understand by this?
3. What are the Non Modifiable CHD Risk Factors?
4. What are the Major Modifiable Risk Factors for CAD?
5. What are the Novel or Contributory Risk Factors?
6. What are the important clinical and CAD tests we often don't do?
7. What are the acceptable levels for various RF for Indians?
8. In Diabetes, what are the Microvascular and Macrovascular complications?
9. In Diabetes, what factors predict high Cardio Vascular Risk?
10. In Diabetes, what are the major causes of mortality?
11. Diabetes Mellitus = CAD Equivalent - Why it is classified so?
12. What is Diabetic Dyslipidemia? What is its importance?
13. What is Vascular Protection (VP)? How to ensure VP in DM?
14. What is the new paradigm in the management of T2DM?
15. What is Insulin Resistance Syndrome (IRS)? Why is it important?
16. What are the two central defects in Insulin Resistance Syndrome (IRS)?
17. What is the cluster of defects in Metabolic Syndrome (IRS)?
18. What is the New IDF Definition of Metabolic Syndrome (IRS)?
19. How important is waist circumference compared to weight?
20. Why is intra abdominal fat (visceral obesity) so dangerous?
21. How do we interpret the lipid profile report and why is it important?
22. What is the importance of HT and LVH in predicting CV Mortality?
23. What is the common underlying pathology for all CV Diseases?
24. What is the importance of hs-CRP? Should we test it routinely for CV Risk assessment?
25. What are Micro Albuminuria (MAU) & Albumin Creatinine Ratio (ACR)? Why are they so important?
26. What is Ankle Brachial Index (ABI)? What is its importance?
27. What is special about CAD in women?
28. Is MI related to degree of stenosis? What determines the acute events?
29. What is a vulnerable plaque? Can we stabilize the plaque?
30. What are the factors that have prognostic importance in ACS?
31. Why are statins the main stay of CV Risk reduction?
32. What are the priorities in lipid treatment?
33. What are the components of Primary Prevention?
34. What are the components of Secondary Prevention?
35. What are the SIX components of Total Lifestyle Change (TLC)?
36. Honestly, tell me what harm tobacco doesn't cause?
37. What are the objectives of all these presentations on CMR – CAD?
38. What is most fascinating about the CMR and CAD?
39. Why some people with many overwhelming risk factors don't get MI?