

## Mediquiz - 01 / 2021

*Editor introduced a regular Quiz Section for brainstorming of the readers. We shall highly appreciate your participation. Your aptitude and knowledge will be acknowledged with prizes for the correct entries. Please send us your response by the deadline. In case of tie, there will be a draw of luck to decide the winners as the number of prizes are limited. We shall also appreciate your feedback on this section. Good luck!*

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Gastrointestinal symptoms are the commonest presentations of our patients. Patients present to doctors with gastrointestinal symptoms to the doctors across the medical and surgical specialties. Awareness of gastrointestinal diseases is quite useful for all the doctors to investigate and treat the patients and also to refer them to the appropriate specialists.

The theme of the quiz of this issue is Gastrointestinal System

**(1) Which of the following statements is incorrect? —**

- a. Retrosternal goitre can cause dysphagia by extraluminal pressure on the oesophagus
- b. Achalasia cardia causes dysphagia to liquids
- c. Anti-reflux surgery helps in symptoms of dysphagia
- d. GISTs often present with dysphagia possibly originates from the 'pacemaker cells of Cajal'

**(2) Following statements are true regarding 'Gastro-Oesophageal Reflux Disease' (GORD) except: —**

- a. Unabated GORD may lead to the development of Barrett's oesophagus and rarely to adenocarcinoma
- b. GORD is commonly associated with paraoesophageal Hiatus Hernia
- c. Anti-reflux surgery restores the natural valvular mechanism against reflux to oesophagus
- d. Monitoring 24 hours pH and Lower Esophageal Sphincter pressure are imperative before anti-reflux surgery

**(3) Which of the following statements about upper gastrointestinal bleeding is not correct? —**

- a. Variceal bleeding is associated with uncontrolled Portal Hypertension
- b. Rockall scoring states that the score less than 3 has less chance of rebleeding for 'Non-variceal' bleeding
- c. Sengstaken-Blakemore tube can be used to control both oesophageal varices and duodenal ulcer bleeding as it has two separate balloon system
- d. Interventional Radiologist targets Gastro-duodenal artery for embolization in uncontrolled duodenal ulcer bleeding

**(4) Which statement regarding oesophageal cancer is not correct? —**

- a. Smoking, alcohol consumption, corrosive ingestion, overweight and Barrett's oesophagus are all known risk factors
- b. Adenocarcinoma is more common variant in the

western world and usually affects the middle third of the oesophagus

- c. Endoluminal Ultrasound and CT scan of thorax and abdomen are essential adjuncts of management
- d. 'Ivor-Lewis' Oesophagectomy is approached from both abdominal and thoracic route

**(5) Following are the 'Red-flag Signs' for 'two-week referral' to Endoscopy unit for excluding gastric cancer, except —**

- a. Progressive unintentional weight loss
- b. Increased appetite and acid reflux
- c. Iron deficiency anaemia
- d. Epigastric mass

**(6) Following statements are correct regarding gallbladder and related problems, except—**

- a. Cholesterol stones are formed due to over-secretion of cholesterol in bile, decreased bile acid concentration, and hypomotility of gallbladder
- b. A passing stone through Ampulla of Vater can produce cholangitis, pancreatitis and obstructive jaundice
- c. Ultrasonography is the gold-standard primary radiological investigation for the gallstone related conditions
- d. Calot's triangle is formed by Inferior border of the liver, Cystic duct and Common Bile Duct and contains cystic artery and cystic lymph node of Lund

**(7) Disorders that increase risk for chronic pancreatitis include all of the following except:**

- a. Cystic fibrosis
- b. Hypercalcemia
- c. Excessive alcohol consumption
- d. Hyperthyroidism

**(8) Which statement is incorrect regarding lower GI bleeding? —**

- a. In elderly patients, diverticular bleeding is common and stops spontaneously most of the time
- b. Grade III and Grade IV haemorrhoids with bleeding need operative intervention
- c. 'Pseudopolyps' are seen in Ulcerative colitis and 'Cobble-stone appearance' is the characteristic of Crohn's disease
- d. Ulcerative colitis affects caecum and ileo-caecal junction commonly
- e. Watershed line of blood-supply is the reason of Ischemic colitis at the splenic flexure

**(9) Regarding colonic diseases the following are true, except —**

a. Familial Adenomatous Polyposis (FAP) and Lynch Syndrome are genetically transmitted conditions related to Colo-Rectal Cancer

b. Usually the right sided colonic cancers present with anaemia and left sided ones present with obstruction usually

c. In Ulcerative colitis, the risk of colonic cancer after 10 years increases with 2%/year and reaches about 25% after 20 years

d. MRI pelvis is an optional investigation for rectal cancer staging as it does not significantly affect the course of management of the disease

**(10) Regarding ano-rectal diseases, which of the following statements is false? —**

a. Grade IV piles may mimic rectal prolapse

b. Full thickness rectal prolapse entails pelvic floor

weakness and external sphincteric defect

c. 'Goodsall's rule' is applied for Haemorrhoidal classification

d. Lifestyle modification and GTN cream use help fissure

**Answer : Number 7 d**

**Answers for the rest as above  
to be sent to the Editor  
before at midnight 05-02-2021  
e-mail : jimaeditorial@gmail.com**

**Please mention : Your Name, e-mail id,  
Mobile No & IMA Membership No.**

**A 48 year old lady presented with non specific abdominal pain and had multiple consultations over last 10 years from various alternative medicine practitioner. On examination of abdomen what is this peculiar skin marking attributed to alternative medicine treatment called as ?**

**Ans : CUPPING**

Also called Hijama therapy/cupping/chapan therapy or Horn treatment is a popular alternative medicine procedure used to alleviate multiple symptoms (mostly not attributed to a specific diagnosis). The widespread use across the world suggests the popularity. In this technique a Vacuum cup is placed across the surface/May be replaced by a Hot coin placement to produce a patterned abrasion. A "wet" variant uses Dermabrasion with collection of Blood in the "cup" to remove "toxins". Disease transmission such as Hepatitis etc make it a dangerous procedure if bloodletting is combined with cupping. Superficial bruise in patients with Oral anticoagulants and skin infections are common side effects.

Knowledge of these findings for practitioners in developing countries where the history of seeking alternative



medicine is usually masked should be encouraged to avoid clinical dilemma.

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