

# CME Credit Application Form (1 CME credit)

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## 1. Educational questions. Answer by marking the correct answer.

### 1. Which of the following statements is true?

- Short sleep duration is associated with increased risk of obesity and diabetes.
- There is no biological effect of experimental sleep restriction.
- In the general population, sleep duration is not associated with any change in the hormones controlling appetite and body weight, *i.e.* leptin and ghrelin.
- Sleep effect on glucose metabolism is independent of obesity.

### 2. Which of the following statements is true?

- There is a link between obstructive sleep apnoea (OSA) and abnormal glucose control, demonstrated by cross-sectional studies.
- There is a link between OSA and abnormal glucose control, demonstrated by longitudinal studies.
- There is a causality relationship between OSA and abnormal glucose control.
- The relationship between OSA and abnormal glucose control is independent of obesity.

### 3. Which of the following statements is true?

- The prevalence of the metabolic syndrome does not differ in obese subjects whether apnoeic or not.
- There is no specific impact of OSA on lipid metabolism.
- Visceral obesity correlates with apnoea/hypopnoea index more closely than body mass index.
- Weight loss does not significantly impact on OSA severity.

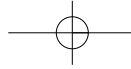
### 4. In OSA, continuous positive airway pressure (CPAP) is usually not effective on:

- Blood pressure.
- Cholesterol.
- Insulin sensitivity in lean subjects.
- Insulin sensitivity in obese subjects.

### 5. Which of the following statements is true?

- C-reactive protein (CRP) is systematically increased in OSA patients.
- CRP is systematically reduced by CPAP treatment in OSA patients.
- OSA patients usually present with increase in leptin and leptin resistance.
- Glucose control, as assessed by HbA1c and continuous monitoring of interstitial glucose, is usually not improved in OSA patients.

Please turn the page and fill in your details



# CME Credit Application Form (continued)

## 2. Applicant personal details.

Reference No: ..... ERS Membership No. (if known): .....

Date of Birth (DD/MM/YYYY): .....

Family Name: ..... First Name: .....

Mailing Address: .....

.....

Postal Code: ..... City: ..... Country: .....

Telephone: + ..... E-mail: .....

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