This month’s quiz is based on the article “Osteoporosis in Men,” which begins on page 17 of this issue. Choose the single best answer for each question.

1. A 78-year-old man with a long-standing history of seizure disorder treated with phenytoin presents with a hip fracture. Measurement of bone mineral density with dual-energy x-ray absorptiometry (DXA) shows osteoporosis, but all laboratory test results are normal, including kidney, liver, thyroid function tests, and testosterone levels. What is the most probable cause of his osteoporosis?
   (A) Age
   (B) Alcohol abuse
   (C) Idiopathic
   (D) Phenytoin use
   (E) Vitamin D deficiency

2. What other laboratory evaluation might help optimize the treatment of the above patient?
   (A) 1,25-Dihydroxyvitamin D level
   (B) 25-Hydroxyvitamin D level
   (C) Intact parathyroid hormone
   (D) Prostate-specific antigen
   (E) Urinary calcium

3. What would be the best treatment for the above patient during the hospitalization for the fracture?
   (A) Alendronate
   (B) Calcitonin
   (C) Calcium and vitamin D replacement
   (D) Teriparatide
   (E) B and C

4. What is the recommended daily intake of elemental calcium and vitamin D for men over age 65 years?
   (A) 1000 mg and 400 IU
   (B) 1200 mg and 400 IU
   (C) 1200 mg and 800 IU
   (D) 1500 mg and 400 IU
   (E) 1500 mg and 800 IU

5. A 55-year-old man is seen in an endocrine clinic for work-up of osteoporosis. His primary care physician ordered a comprehensive metabolic panel and complete blood count, the results of which were normal. What other tests should be ordered for this patient?
   (A) 24-Hour urine for protein
   (B) Testosterone levels
   (C) Thyroid tests
   (D) B and C
   (E) A, B, and C

6. Which statement regarding male osteoporosis is correct?
   (A) Men with hip fractures are twice as likely to die in the hospital as compared with women
   (B) The estimated lifetime risk for developing osteoporosis in men is 40%
   (C) Half of men with osteoporosis have idiopathic disease
   (D) Men start losing bone mass at the same age as women
   (E) Osteoporosis screening is recommended for all men over age 65 years

For answers, see page 24.
### Answers to the Clinical Review Quiz

Answers to the Clinical Review Quiz which appears on page 28. The article on osteoporosis in men begins on page 17.

1. (D) Phenytoin use
2. (B) 25-Hydroxyvitamin D level
3. (B) Calcitonin
4. (E) 1500 mg and 800 IU
5. (D) B and C
6. (A) Men with hip fractures are twice as likely to die in the hospital as compared with women

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