

Portal Hypertension

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This month's quiz is based on the article "Portal Hypertension," which begins on page 13 of this issue. Choose the single best answer for each question.

- 1. What is the minimum portal pressure required for esophagogastric varices to develop?**
 - (A) 5 mm Hg
 - (B) 12 mm Hg
 - (C) 15 mm Hg
 - (D) 20 mm Hg
- 2. Which cells play an active role in modifying resistance to portal blood flow?**
 - (A) Fibrous tissue
 - (B) Hepatic stellate cells
 - (C) Hepatocytes
 - (D) Kupffer cells
- 3. How often should patients with small esophagogastric varices be screened with endoscopy to look for growth of the varices?**
 - (A) Once a year
 - (B) Every 2 years
 - (C) Every 3 years
 - (D) Every 5 years
- 4. What percentage of patients with cirrhosis who do not have varices at presentation will develop varices over the following year?**
 - (A) 4%–10%
 - (B) 5%–15%
 - (C) 25%–35%
 - (D) 40%–50%
- 5. All of the following factors correlate well with risk of variceal bleeding EXCEPT**
 - (A) Presence of red color signs identified during endoscopy
 - (B) High intravariceal pressure
 - (C) Hepatic venous pressure gradient exceeding 12 mm Hg
 - (D) Size of the varices
- 6. Which modality is most effective for primary prophylaxis of high-risk varices?**
 - (A) β -Blockers or endoscopic band ligation
 - (B) Transjugular intrahepatic portasystemic shunt
 - (C) Mesocaval shunt
 - (D) Liver transplant
- 7. A decrease in portal pressure below 12 mm Hg is observed in what percentage of patients receiving β -blockers?**
 - (A) 80%–100%
 - (B) 60%–80%
 - (C) 50%–60%
 - (D) Less than 50%

For answers, see page 46.

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Answers to the review quiz that appears on page 36. The article on portal hypertension begins on page 13.

1. (B) 12 mm Hg
2. (B) Hepatic stellate cells
3. (A) Once a year
4. (B) 5%–15%
5. (C) Hepatic pressure gradient exceeding 12 mm Hg
6. (A) β -Blockers or endoscopic band ligation
7. (D) Less than 50%

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