

## Portal Hypertension

*Bimaljit S. Sandhu, MBBS, MD, DM*

*Arun J. Sanyal, MBBS, MD*

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)  $\beta$ -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  $\beta$ -blockers?**
  - (A) 80%–100%
  - (B) 60%–80%
  - (C) 50%–60%
  - (D) Less than 50%

For answers, see page 46.

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*Dr. Sandhu is an assistant professor and Dr. Sanyal is chairman, Division of Gastroenterology, Hepatology and Nutrition, VCU Medical Center, Richmond, VA.*

**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)  $\beta$ -Blockers or endoscopic band ligation
7. (D) Less than 50%

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