



# Test your knowledge and understanding

This page is designed to help you test your own understanding of the concepts covered in this issue, and to reflect on what you have learnt. We hope that you will also discuss the questions with your colleagues and other members of the eye care team, perhaps in a journal club. To complete the activities online – and get instant feedback – please visit [www.cehjournal.org](http://www.cehjournal.org)

Question 1. Which of the following are known avoidable risk factors for exudative age-related macular degeneration?		Select one
a.	Smoking	<input type="checkbox"/>
b.	Previous cataract surgery	<input type="checkbox"/>
c.	Genetic factors	<input type="checkbox"/>
d.	Malnutrition	<input type="checkbox"/>
Question 2. Anti VEGF injections are INEFFECTIVE in which of the following conditions?		Select one
a.	Exudative age-related macular degeneration	<input type="checkbox"/>
b.	Diabetic macular oedema	<input type="checkbox"/>
c.	Atrophic age-related macular degeneration	<input type="checkbox"/>
d.	Central retinal vein occlusion	<input type="checkbox"/>
Question 3. Which of the following is an important early feature of exudative age-related macular degeneration?		Select one
a.	Distorted vision	<input type="checkbox"/>
b.	Painful eye	<input type="checkbox"/>
c.	Loss of peripheral vision	<input type="checkbox"/>
d.	Photophobia	<input type="checkbox"/>
Question 4. Non-communicable eye diseases (NCDs) are becoming a public health problem. Which of the following statements is FALSE?		Select one
a.	NCDs have increased in importance for three reasons: because the prevalence of infectious eye diseases has decreased, because of changes in lifestyle, and because people are living longer.	<input type="checkbox"/>
b.	NCDs are lifelong and require long term, complex management.	<input type="checkbox"/>
c.	There is a shortage of skilled eye care workers able to provide comprehensive eye care, which is essential for managing NCDs.	<input type="checkbox"/>
d.	The World Health Organization (WHO) advises that efforts to address NCDs should be focused within the health sector.	<input type="checkbox"/>

## ANSWERS

1. a. Many studies have confirmed that smoking is the most important modifiable risk factor. b. Cataract surgery does not increase the risk of AMD. c. Genetic factors are very important in AMD; however, they are not avoidable, as we cannot change our parents! d. Vitamin supplements at very high doses may reduce the risk of AMD, but there is no evidence that malnutrition increases the risk.

2. c. Atrophic AMD is currently not treatable. As there are no new blood vessels or leaking blood vessels, anti-VEGF drugs have no effect. a, b & d can all be treated effectively with anti-VEGF drugs. There is good evidence that treatment with anti-VEGF is better than observation or laser.

3. a. Distortion is the most important early symptom of macular disease. If straight lines look bent or wavy, there is likely to be a macular problem. b and d. AMD affects only the retina and choroid, so it is entirely painless and does not cause any symptoms of discomfort. c. AMD affects only the central retina, so patients experience a loss of central vision but have normal peripheral vision.

4. d. The WHO has emphasised the importance of multi-sectoral engagement, for example with education and agriculture, to effectively address the causes of NCDs, such as diet and lifestyle (including smoking).

## Reflective learning

Visit [www.cehjournal.org](http://www.cehjournal.org) to complete the online 'Time to reflect' section.

## Picture quiz



Shannath L. Merbs

A 50 year-old woman in Africa presented with a history of eye pain and discharge for 3 months after upper eyelid surgery for trichiasis/entropion.

1. What is the diagnosis? (Select one.)

- a. Pterygium of the conjunctiva
- b. Squamous cell carcinoma of the conjunctiva
- c. Granuloma of the conjunctiva
- d. Kaposi sarcoma of the conjunctiva
- e. Eyelid abscess

2. Which of the following are known risk factors for the answer to question 1? (Select all that apply.)

- a. Exposure to ultraviolet light
- b. HIV infection
- c. Retained suture fragment
- d. Male gender
- e. Malnutrition

3. Which of the following is the first line recommended treatment for the answer to question 1? (Select one.)

- a. Prednisolone drops
- b. Chloramphenicol ointment
- c. Cryotherapy
- d. Excision with a scalpel blade
- e. Radiotherapy

## ANSWERS

1. Diagnosis: c. Granuloma of the conjunctiva following trichiasis surgery. This may occur 6 weeks to 6 months after the operation.

2. Risk factors: c. The commonest cause is retention of a fragment of non-absorbable suture left behind at the time of surgery removal.

3. Treatment: d. Recommended treatment is local excision with a scalpel or scissors under topical anaesthesia.