

## Quiz Questions & Answers

**Swelling, redness, and joint stiffness lasting over 30 mins in the morning is a sign of inflammation**

True/False

**Which of these conditions are associated with the development of Rheumatic conditions**

- a. Crohn's Disease
- b. Sciatica/radicular back pain
- c. Achilles tendon tear
- d. Psoriasis

**Which best describes "Spondyloarthritis"**

- a. Mostly affecting men, predominantly back pain, better with NSAIDs
- b. Affecting men and women equally, inflammatory back pain, better with rest
- c. Affecting men and women equally can affect the spine and peripheral joints, early morning symptoms worse >30 mins
- d. Affects slightly more men than women, worse with activity, early morning symptoms worse >30 mins

**All Rheumatoid Arthritis patients will have bilateral symptoms**

True/False

**An extra-articular feature of Rheumatoid Arthritis is Achilles tendinopathy**

True/False

**Inflammatory marker testing is always positive in Rheumatoid Arthritis**

True/False

**Some Axial Spondyloarthritis patients will be HLA-B27 negative**

True/False

**Some Axial Spondyloarthritis patients will not have any inflammation on MRI**

True/False

**An equal number of men develop Axial Spondyloarthritis as women**

True/False

**Which symptoms can be related to Psoriatic Arthritis**

- a. Nail Changes
- b. Dactylitis
- c. Plantar fasciitis
- d. All of the above

**Symptoms worse with activity and better with rest are usually reported by Psoriatic Arthritis and patients**

True/False

**Psoriatic Arthritis is most likely to present with**

- a. Inflammatory back pain, Crohn's disease, fatigue
- b. Peripheral enthesitis, psoriasis, obesity
- c. Multiple MCPJ pain, uveitis, depression
- d. 1st MTPJ pain, symptom onset at night, family history of gout

**Is Osteoporosis under or overdiagnosed in the population?**

Underdiagnosed

**Gout most commonly affects the 1st MTP Joint**

True/False

**Osteoporosis and Gout should be referred immediately to Rheumatology**

True/False

**Which Exercise Programs are safe for Rheumatic Diseases?**

- a. Yoga
- b. Swimming
- c. Heavy lifting
- d. All of the above

**How should Exercise programs be determined**

- a. ~~Person's Age~~
- b. ~~Symptom severity~~
- c. Person's preference
- d. ~~Disease type~~