

Clinicians on the front line**FOCUS ON PRECONCEPTION
FOLATE COUNSELING**

- 1. Neural tube defects (NTDs), primarily spina bifida and anencephaly, are the second most common form of birth defect in the United States. Approximately how many pregnancies are affected annually in the United States?**
 - a. <1500
 - b. 3000
 - c. 5000
 - d. >7500
- 2. Neural tube closure occurs during what time span of embryonic development?**
 - a. Days 10 to 60
 - b. Days 5 to 8
 - c. Days 18 to 26
 - d. Days 29 to 47
- 3. Folic acid is:**
 - a. The natural form of vitamin B₉ found in food
 - b. More bioavailable than folate
 - c. Synthesized in the liver
 - d. Toxic at doses >1 mg/d
- 4. Periconception folic acid intake, in the right amount and at the right time, is believed to potentially reduce NTD risk by:**
 - a. 15% to 20%
 - b. 25% to 35%
 - c. 40% to 60%
 - d. 50% to 70%
- 5. A revised recommendation from the US Preventive Services Task Force states that most women who are capable of pregnancy or planning a pregnancy should take a daily supplement containing how much folic acid?**
 - a. 400 to 800 mcg
 - b. 200 to 400 mcg
 - c. 100 to 200 mcg
 - d. 800 to 1000 mcg
- 6. Which of the following strategies has so far been most successful at reducing NTD risk in the United States?**
 - a. Media campaigns urging reproductive-aged women to take vitamin supplements containing folic acid
 - b. School-based nutrition education on the role of folate-rich foods in NTD prevention
 - c. Mandatory folic acid fortification of grain products
 - d. Prescribing prenatal vitamins to pregnant women
- 7. Birth records data suggest that NTD rates decreased by approximately how much after folic acid food supplementation became mandatory?**
 - a. 5% to 7%
 - b. 11% to 14%
 - c. 19% to 20%
 - d. 30% to 40%
- 8. Among reproductive-aged women, those aged 18 to 24 years are most likely to:**
 - a. Lack awareness of optimal timing of folic acid use to reduce NTD risk
 - b. Understand the role of folic acid in NTD prevention
 - c. Report consistent daily use of vitamin supplements
 - d. Be at elevated risk for NTD pregnancy because their incidence of obesity and diabetes is higher than in older women
- 9. Food fortification to improve folate status has been demonstrated to be least effective in which of the following groups?**
 - a. Non-Hispanic black women
 - b. Non-Hispanic white women
 - c. Asian women
 - d. Hispanic women
- 10. Folic acid fortification of oral contraceptive pills:**
 - a. Was rejected by an FDA advisory committee as an NTD risk-reduction strategy
 - b. Is illogical because oral contraceptive users are acting to prevent pregnancy
 - c. Has never been studied as an NTD risk-reduction strategy
 - d. Could provide some protection from NTDs for a time after discontinuation of pill use

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Please submit the answer sheet to Boston University School of Medicine, Continuing Medical Education, E.FOLACOGHAY09, 72 East Concord St., A305, Boston, MA 02118, FAX: 617-638-4905. Your certificate will be mailed to you within 4-6 weeks.

Online: Receive your certificate instantly at www.bucmetest.com. After registering, enter E.FOLACOGHAY09 in the Test Code Search field. Please do not mail the original if you submit online.

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| 1. <input type="checkbox"/> a <input type="checkbox"/> b <input type="checkbox"/> c <input type="checkbox"/> d | 4. <input type="checkbox"/> a <input type="checkbox"/> b <input type="checkbox"/> c <input type="checkbox"/> d | 7. <input type="checkbox"/> a <input type="checkbox"/> b <input type="checkbox"/> c <input type="checkbox"/> d | 10. <input type="checkbox"/> a <input type="checkbox"/> b <input type="checkbox"/> c <input type="checkbox"/> d |
| 2. <input type="checkbox"/> a <input type="checkbox"/> b <input type="checkbox"/> c <input type="checkbox"/> d | 5. <input type="checkbox"/> a <input type="checkbox"/> b <input type="checkbox"/> c <input type="checkbox"/> d | 8. <input type="checkbox"/> a <input type="checkbox"/> b <input type="checkbox"/> c <input type="checkbox"/> d | |
| 3. <input type="checkbox"/> a <input type="checkbox"/> b <input type="checkbox"/> c <input type="checkbox"/> d | 6. <input type="checkbox"/> a <input type="checkbox"/> b <input type="checkbox"/> c <input type="checkbox"/> d | 9. <input type="checkbox"/> a <input type="checkbox"/> b <input type="checkbox"/> c <input type="checkbox"/> d | |

Please type or print clearly.

First name	Middle initial	Last name
Degree		Specialty
Mailing address		
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The amount of time I spent on this activity was _____ (maximum of 1 hour).

Program evaluation

- How would you rate this activity overall? 5 4 3 2 1
(5 = excellent, 1 = poor; please circle one)
- Do you feel each of the following Learning Objectives (on page S2) was met?

Objective 1	<input type="checkbox"/> Yes	<input type="checkbox"/> Partially	<input type="checkbox"/> No	<input type="checkbox"/> N/A
Objective 2	<input type="checkbox"/> Yes	<input type="checkbox"/> Partially	<input type="checkbox"/> No	<input type="checkbox"/> N/A
Objective 3	<input type="checkbox"/> Yes	<input type="checkbox"/> Partially	<input type="checkbox"/> No	<input type="checkbox"/> N/A
Objective 4	<input type="checkbox"/> Yes	<input type="checkbox"/> Partially	<input type="checkbox"/> No	<input type="checkbox"/> N/A
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- In your opinion, did you perceive any commercial bias?
 Yes No
If yes, please specify: _____
- Please rate the content of this activity.
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4a. Timely, up to date? 5 4 3 2 1
4b. Relevant to your practice? 5 4 3 2 1
- Do you feel that the information in this activity was based on the best evidence available? Yes No
If no, please explain: _____
- Do you intend to make changes in your practice as a result of this activity? Yes No
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