

MCQ Questions and answers

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- (1) Niacin (nicotinic acid):
 - (a) Is an organic compound.
 - (b) Is a B vitamin known as vitamin B₃ or vitamin PP.
 - (c) Helps keep the nervous system, digestive system, skin, hair, and eyes healthy.
 - (d) All of the above.
- (2) Niacin:
 - (a) Is a derivative of pyridine.
 - (b) Can be synthesized by the body from the amino acid tryptophan.
 - (c) Is a precursor to NAD and NADP.
 - (d) All of the above.
- (3) The classic niacin deficiency disease is called:
 - (a) Pellagra.
 - (b) Scurvy.
 - (c) Beriberi.
 - (d) Night blindness.
- (4) Individuals at risk of niacin deficiency include:
 - (a) Patients with HIV/AIDS or chronic alcoholism.
 - (b) Patients with Hartnup's disease.
 - (c) Those who eat high amounts of refined foods.
 - (d) All of the above.
- (5) Niacin is involved in:
 - (a) DNA repair.
 - (b) Production of steroid hormones.
 - (c) Converting carbohydrates into energy.
 - (d) All of the above.
- (6) Niacin in a therapeutic dose could:
 - (a) Elevate HDL and decrease total cholesterol levels.
 - (b) Cause renal stone formation.
 - (c) Cause vasoconstriction.
 - (d) All of the above.
- (7) The best food sources of niacin include:
 - (a) Foods high in proteins, such as poultry, fish, and beef.
 - (b) Peanut butter and fortified cereals.
 - (c) Brewer's yeast.
 - (d) All of the above.
- (8) With regard to Niacin:
 - (a) Mild deficiency causes an increased metabolism.
 - (b) Severe deficiency causes flushing.
 - (c) Pharmacological doses may lead to liver toxicity.
 - (d) All of the above.

Answers:

- (1) d
- (2) d
- (3) a
- (4) d
- (5) d
- (6) a
- (7) d
- (8) c