

SINGAPORE MEDICAL COUNCIL CATEGORY 3B CME PROGRAMME (Code SMJ 201711B)

Question 1. Regarding perineural cysts:

- (a) They are meningeal dilatations of the posterior spinal nerve root sheath.
- (b) They are frequently seen in the cervical spine.
- (c) The S2 and S3 nerve roots are commonly affected.
- (d) They are most often seen in the postforaminal location.

True	False
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
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Question 2. Regarding perineural cysts:

- (a) In the lumbosacral spine, they are also known as Tarlov cysts.
- (b) They can cause remodelling of the neural exit canal or sacral foramen.
- (c) Most of them are symptomatic.
- (d) Symptoms include radiculopathy and cauda equina syndrome.

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Question 3. On magnetic resonance imaging, perineural cysts show:

- (a) Raised signal intensity (bright) on T1-weighted images.
- (b) Raised signal intensity (bright) on T2-weighted images.
- (c) Visualisation of the spinal nerve root within or along the cyst wall, which is a distinctive imaging feature.
- (d) Enhancement following contrast administration.

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Question 4. The differential diagnosis of perineural cysts includes:

- (a) Meningocoeles.
- (b) Juxtafacet synovial cysts.
- (c) Cystic schwannomas.
- (d) Cystic metastases.

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Question 5. Regarding the treatment of perineural cysts:

- (a) There is no consensus on the definitive treatment for symptomatic perineural cysts.
- (b) Imaging can accurately identify cysts that are likely to be symptomatic.
- (c) Patients with radiculopathy or bowel/bladder dysfunction are likely to benefit the most from surgery.
- (d) Lesions that are larger than 1.5 cm are likely to benefit the most from surgery.

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Doctor's particulars:

Name in full: _____ MCR no.: _____
Specialty: _____ Email: _____

SUBMISSION INSTRUCTIONS:

Visit the SMJ website: <http://www.smj.org.sg/current-issue> and select the appropriate quiz. You will be redirected to the SMA login page.

For SMA member: (1) Log in with your username and password (if you do not know your password, please click on 'Forgot your password?'). (2) Select your answers for each quiz and click 'Submit'.

For non-SMA member: (1) Create an SMJ CME account, or log in with your SMJ CME username and password (for returning users). (2) Make payment of SGD 21.40 (inclusive of 7% GST) via PayPal to access this month's quizzes. (3) Select your answers for each quiz and click 'Submit'.

RESULTS:

- (1) Answers will be published online in the SMJ January 2018 issue.
- (2) The MCR numbers of successful candidates will be posted online at the SMJ website by 3 January 2017.
- (3) Passing mark is 60%. No mark will be deducted for incorrect answers.
- (4) The SMJ editorial office will submit the list of successful candidates to the Singapore Medical Council.
- (5) One CME point is awarded for successful candidates.

Deadline for submission: (November 2017 SMJ 3B CME programme): 12 noon, 27 December 2017.