Clinical Expert Series

Adolescent Gynecology
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Obstet Gynecol 2009;113(4)

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1. The most common cause for disorders of menstruation in adolescent patients is:
   A. Chromosomal abnormalities
   B. Congenital abnormalities
   C. Disorders of pregnancy
   D. Anovulation
   E. Endometriosis
2. The American College of Obstetricians and Gynecologists (ACOG) currently recommends that the initial pelvic examination for an adolescent who is not sexually active may be delayed until:

   A. Age 13
   B. Age 14
   C. Age 16
   D. Age 18
   E. Age 21

3. Annual cervical cytology testing should be considered beginning with the initial visit in an adolescent with a history of:

   A. Onset of sexual activity in the past year
   B. Abnormal vaginal discharge
   C. Multiple sexual partners
   D. Tampon usage
   E. Irritable bowel syndrome

4. Sexually transmitted disease testing for adolescents should be performed:

   A. At each pelvic examination
   B. Within 2 years of first sexual intercourse
   C. With each new sexual partner
   D. By age 18
   E. Twice yearly to age 21

5. To reduce the discomfort of the initial speculum examination, the examiner may exert finger pressure on the:

   A. Perineum at the introitus
   B. Lower abdomen above the symphysis
   C. Anus
   D. Inner thigh
   E. Labia majus
6. A 19-year-old woman undergoes her first cervical cytology examination and the result indicates atypical squamous cells of undetermined significance (ASC-US). Hospital protocol resulted in reflex human papillomavirus (HPV) testing, which indicated the presence of at least one high-risk subtype. Based on current recommendations, the most appropriate next step in the management of this patient’s abnormal cervical cytology is:

   A. Colposcopy within 1-2 months  
   B. Colposcopy in 6 months  
   C. Repeat HPV testing in 6 months  
   D. Repeat cytology in 6 months  
   E. Repeat cytology in 12 months

7. Currently available HPV vaccines are thought to have approximately what level of prevention for patients not previously exposed?

   A. 60%  
   B. 70%  
   C. 80%  
   D. 90%  
   E. More than 90%

8. Two years after the onset of menstruation, is it estimated that approximately what percentage of girls remain anovulatory or oligoovulatory?

   A. 10%  
   B. 20%  
   C. 30%  
   D. 40%  
   E. 50%
9. A 14-year-old girl with heavy, irregular vaginal bleeding and a hemoglobin count of 9 g/dL is started on oral contraceptives prescribed as one every 6 hours. In addition to this prescription, the patient should also be prescribed:

   A. $B_6$ supplementation
   B. A folate supplement
   C. An antiemetic
   D. Intramuscular progestin
   E. An antibiotic active against anaerobic bacteria

10. Which of the following would be required to establish the diagnosis of polycystic ovary syndrome (PCOS)?

   A. Acanthosis nigricans
   B. Altered luteinizing hormone (LH) to follicle-stimulating hormone (FSH) ratio
   C. Clinical evidence of hyperandrogenism
   D. Hyperinsulinemia
   E. Waist circumference of greater than 35 inches

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