

Puzzler Page Answers – August Issue of Endocrine News

Trivia Questions

Below are the answers and explanations for Trivia Questions in the Puzzler Page section of the August magazine. You can see the original questions online at www.endo-society.org/endo_news (click the August issue) or in your printed copy.

Quick View:

- | | |
|-------|--------|
| 1. a. | 6. c. |
| 2. d. | 7. d. |
| 3. b. | 8. d. |
| 4. c. | 9. b. |
| 5. c. | 10. a. |

1. Androgenic alopecia, or male pattern baldness, has unknown evolutionary roots despite “plaguing” mankind for thousands of years. If misery loves company, those with hair loss can find a balding buddy among which of these critters?

- a. *orangutans*
- b. *gorillas*
- c. *monkeys*
- d. *sloths*

Answer: a.

Chimps are also follicularly challenged! This condition occurs when a person has hair follicle sensitivity to dihydrotestosterone, which causes the follicles to shrivel and ultimately fail to produce hair. Blame your mother’s gene line, not your father’s, for carrying this particular sensitivity.

2. After “Octomom” Nadya Suleman gave birth to octuplets in January 2009, how many children did she have in total?

- a. 8
- b. 10
- c. 12
- d. 14
- e. 16

Answer: d.

Her previous several births likewise followed in vitro fertilization, overseen by physician Michael Kamrava, whose medical license was subsequently revoked.

3. Epidemiologic studies suggest that coffee consumption is most likely to increase the risk of:

- a. *type 2 diabetes*
- b. *infertility*
- c. *prostate cancer*
- d. *gallstone disease*
- e. *liver cancer*

Answer: b.

Ingesting more than 300 mg caffeine a day can lower the chances of conception by as much as 26%. Regular coffee drinkers appear to have a *lower* risk of developing type 2 diabetes. They may also have less risk for gallstones, dementia, Parkinson's disease, colon and prostate cancers, and liver damage in those at high risk for liver disease. However, caffeine can raise blood pressure and cause irregular heartbeats.

4. Certain foods naturally contain higher levels of radiation than others. Of the foods listed below, which pair is the most radioactive?

- a. *bananas and brazil nuts*
- b. *steak and eggs*
- c. *mangos and coconuts*
- d. *whole wheat bread and goat cheese*

Answer: c.

See www.nrc.gov/reading-rm/doc-collections/fact-sheets/bio-effects-radiation.html.

5. The novel *Middlesex* by Jeffrey Eugenides is the story of a young Greek man who was raised female. Which of following conditions did he have?

- a. *17-beta-hydroxysteroid dehydrogenase III deficiency*
- b. *androgen insensitivity syndrome*
- c. *5-alpha-reductase deficiency*
- d. *gonadal dysgenesis*

Answer: c.

This autosomal recessive intersex condition affects only genetic males.

6. The human brain to body weight ratio is about 2%. Which animal has the same (or greater) brain to body weight ratio?

- a. *African lion*
- b. *Indian elephant*
- c. *African Gray Parrot*
- d. *Tiger shark*
- e. *West African Goliath frog*

Answer: c.

Yes, we have bird brains! If you thought elephant, here's why not: The elephant's brain might be the largest in actual size among land mammals, but it occupies only a small area at the back of the skull and compared with body size, is smaller than the human brain. Nonetheless, it still ranks "brainy"—along with apes, sperm whales, and a few other creatures—as having a relatively high brain-size: body-size ratio.

7. A serious eating disorder exclusive to people with type 1 diabetes has appeared in recent years. It occurs when a patient purposefully takes less insulin than prescribed in hopes of causing weight loss, regardless of health repercussions. This disease is called:

- a. *insulinimia*
- b. *ketorexia*
- c. *anorexia*
- d. *diabulimia*

Answer: d.

From “diabetes” and “bulimia,” diabulimia is not currently recognized as a formal diagnosis by the medical or psychiatric communities. Symptoms include weight loss, numerous unexplainable spikes in their hemoglobin A1C, and scant evidence of fingerpricks.

8. Precocious puberty has become more and more prolific as obesity rises. Early puberty in girls may lead to:

- a. *increased bone mass*
- b. *higher risk of breast cancer*
- c. *polycystic ovary syndrome (PCOS)*
- d. *both A and B*

Answer: d.

This condition includes signs of puberty before the age of 8 years in girls or 9 in boys.

9. The late André René Roussimoff, aka André the Giant, was famous for acting and wrestling, but his likeness can now be found on walls around the world thanks to the guerrilla artist Shepard Fairey, along with the commandment “OBEY.” What disease did André suffer from?

- a. *type 2 diabetes*
- b. *acromegaly*
- c. *Sotos syndrome*
- d. *neurofibromatosis*

Answer: b.

Mr. Roussimoff reached 7 feet 4 inches (2.24 meters), but he died of congestive heart failure in 1993 at age 46. As well as wrestling, he acted in many films, including *The Princess Bride*. Mr. Fairey is a contemporary American artist, graphic designer, and illustrator who became known for his Barack Obama “Hope” poster.

10. Which key name in endocrinology and Nobel Laureate recently died?

- a. Rosalyn S. Yalow
- b. Earl W. Sutherland, Jr.
- c. Frederick G. Banting
- d. Bernardo A. Houssay

Answer: a.

Rosalyn Yalow died in May 2011 at age 89 years; Earl Sutherland died in 1974; Frederick Banting died in 1941; and Bernardo Houssay died in 1971.

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