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**QUESTION 1**

A 45-year-old man presents to the physician's office complaining of dysphagia and retrosternal pressure and pain of 2-year duration. The symptoms have worsened over the last 3 months. He has a 30 packyear smoking history and drinks beer on weekends. Vital signs include a BP of 150/90 mmHg, pulse rate of 90/min, and respiratory rate of 12/min, with a normal temperature. Examination reveals a thin man with a normal heart, lung, and abdomen examination. An esophagogram reveals a 6-cm, smooth, concave defect in the midesophagus with sharp borders. Esophagoscopy reveals intact overlying mucosa and a mobile tumor. Which of the following is the most likely diagnosis?

- A. esophageal carcinoma
- B. bronchogenic carcinoma with invasion of the esophagus
- C. benign esophageal polyp
- D. leiomyoma
- E. lymphoma

Correct Answer: D

Leiomyomas are the most common benign tumors of the esophagus. They are intramural, occur between 20 and 50 years of age, and may be symptomatic when over 5 cm. Symptoms may include dysphagia and retrosternal pressure and pain. Esophagogram shows characteristic features of a smooth concave defect with sharp borders. Esophagoscopy is indicated to rule out carcinoma. These tumors are mobile, with intact overlying mucosa. Biopsy should not be performed so that subsequent extramural resection can be performed without complication. Excision is recommended for symptomatic leiomyomas or those greater than 5 cm.

QUESTION 2

A 55-year-old man presents to the physician's office complaining of upper abdominal pain of 2 months' duration. The pain is described as gnawing, localized to the upper midline, and associated with nausea. The pain is exacerbated by food, and there is an associated 20-lb weight loss over 2 months. His past history is pertinent for a 30 pack-year smoking history, occasional alcohol intake, and a prior history of a benign gastric ulcer 5 years ago. Physical examination reveals normal vital signs, mild epigastric pain with

deep palpation, and mildly hemepositive stool. An evaluation for recurrence of a gastric ulcer is recommended.

Which of the following tests is the most reliable method for diagnosing a gastric ulcer?

- A. UGI barium x-rays
- B. fiberoptic upper endoscopy
- C. CT scan
- D. endoscopic ultrasound
- E. MRI



Correct Answer: B

Gastric ulcers present with symptoms of abdominal pain, aggravated by food, and associated with nausea, vomiting, anorexia, and weight loss. The two principal means of diagnosing a gastric ulcer are UGI radiographs and fiberoptic endoscopy, the latter being the most reliable method. CT scan and endoscopic ultrasound may be helpful in staging gastric cancer, but are not routinely used with benign disease. The failure to respond to 12 weeks of medical management is an indication for surgical therapy to avoid potential complications and to exclude malignancy, despite biopsies obtained by endoscopy that show benign disease.

QUESTION 3

A 3-year-old child recovers from a severe episode of bloody diarrhea, hemolysis, and uremia. The child's case is linked to other cases across the country by statistical association with consumption of hamburgers obtained from a nationwide supplier of ground beef. Which of the following is the best method for preventing this illness in the general population?

- A. cooking ground beef to be well done, and thoroughly washing fruits and vegetables
- B. regulations enforcing worker hygiene in the workplace
- C. a testing program for enteric disease in Livestock
- D. regulations enforcing sanitary conditions in slaughterhouses
- E. a ban on imported meats and produce

Correct Answer: A

The illness described is consistent with hemolytic uremic syndrome associated with E. coli 0157:H7 infection. E. coli 0157:H7 is the most common strain found of the enterohemorrhagic E. coli (EHEC) group. Although its most common reservoir is thought to be in cattle, it has been found in other livestock. The usual mode of exposure is contamination of beef. The problem is compounded significantly when beef is ground and mixed in bulk. Testing and elimination programs do not appear sensitive enough to eliminate exposure, although active research in the area continues. In addition, there are many other outbreaks associated with fresh vegetables, bean sprouts, and unpasteurized juices. It is hypothesized that these are due to contamination with human or animal waste. Since the organism is killed by heating, thorough cooking of ground beef products, avoidance of contamination of fresh foods with raw meat, and washing of produce intended to be served fresh is the most practical intervention. Currently, this remains the most practical advice to give the public.

QUESTION 4

A large segment of the population in your community smokes. In order to convince your patient population that it would be beneficial to quit smoking in order to prevent lung cancer, you conduct a casecontrol study of cigarette smoking and lung cancer. The results from that study can be found in the table below.

CIGARETTE SMOKING AND LUNG CANCER

Cigarette smoking	Lung cancer		Totals
	Cases	Controls	
Yes	75	25	100
No	25	75	100
Totals	100	100	200



What is the odds ratio (OR) in your study?

- A. 3
- B. 6
- C. 9
- D. 12
- E. 20

Correct Answer: C

The OR is used when the denominator data are missing. It is calculated using the following formula,

comparing smokers and nonsmokers:

$$a \times d / b \times c$$

In this case, the mathematics is relatively simple: $75 \times 75 / 25 \times 25$. By reduction, this is $3 \times 3 / 1 \times 1$.

QUESTION 5

A 6-year-old girl has a low-grade fever, headache, and nasal congestion. She has a flushed face and has developed a lacy reticular rash on the trunk and extensor surface of her arms and legs. Palms and soles are spared. Her mother has been ill with a low-grade fever and some joint stiffness and pain. Which of the following is the most likely diagnosis?

- A. rubella
- B. measles
- C. scarlet fever
- D. roseola infantum
- E. erythema infectiosum (fifth disease)

Correct Answer: E

Erythema infectiosum is a common childhood viral exanthem caused by parvovirus B19. It was the fifth in a classification system of childhood exanthems; the others were rubella, measles, scarlet fever, atypical scarlet fever, and roseola infantum. The rash classically presents early with flushed cheeks or a "slapped cheek" appearance. It is followed by development of a macular erythematous rash on trunk and extremities, which then shows central clearing, developing a lacy, reticulated appearance. The infection is often not clinically apparent. Adult and older adolescents, especially females, may develop arthropathy. The symptoms are usually self-limited. Parvovirus B19 is clinically significant in people with hemolytic anemias because it may induce a transient aplastic crisis. Immunocompromised individuals are also at risk for chronic infections accompanied by anemia, neutropenia, and thrombocytopenia. It may also induce fetal demise in case of primary infection of pregnant women.