Local and Systemic Safety of Intranasal Corticosteroids

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“Actividad acreditada por el Consejo Catalán de Formación Continuada de las Profesiones Sanitarias – Comisión de Formación Continuada del Sistema Nacional de Salud con 1,3 CRÉDITOS”.

Activity sponsored by Astra Laboratories.
CME Items

1) Which is the main pharmacokinetic characteristic that differentiates first- and second-generation intranasal corticosteroids?
   a) Plasma peak concentration
   b) Half-life
   c) Systemic bioavailability
   d) Clearance by first-pass hepatic metabolism

2) Which intranasal corticosteroids are considered second-generation?
   a) Mometasone furoate
   b) Fluticasone propionate
   c) Fluticasone furoate
   d) All of the above

3) Increased lipophilicity of intranasal corticosteroids potentially results in reduced adverse events and slower release from respiratory tissue. Which of the following intranasal corticosteroids has the lowest lipophilicity?
   a) Fluticasone propionate
   b) Mometasone furoate
   c) Beclomethasone dipropionate
   d) Flunisolide

4) In clinical trials, which local adverse event is reported more often in intranasal corticosteroid arms than in placebo arms?
   a) Epistaxis
   b) Burning and stinging
   c) Nasal dryness
   d) Throat irritation

5) Which test is recommended to assess clinically significant effects of intranasal corticosteroids on the HPA axis?
   a) Plasma corticosteroid level
   b) Suppression of cortisol secretion
   c) Urinary excretion of corticosteroids
   d) Cosyntropin stimulation tests and corticotrophin-releasing hormone stimulation

6) Which intranasal corticosteroid has a demonstrated effect on the HPA axis?
   a) Mometasone furoate
   b) Fluticasone furoate
   c) Budesonide
   d) None of the above

7) Which intranasal corticosteroid has demonstrated a suppressive effect on statural growth in children?
   a) Fluticasone furoate
   b) Mometasone furoate
   c) Triamcinolone acetonide
   d) Beclomethasone

8) Do any of the following intranasal corticosteroids have an effect on bone density?
   a) Mometasone furoate
   b) Fluticasone furoate
   c) Budesonide
   d) None of the above

9) Which of the following is true about the incidence of cataract formation in adult patients (<70 years) using intranasal corticosteroids?
   a) Cataract is a common finding
   b) There is no increased risk of cataract formation in users
   c) Cataract affects up to 20% of users
   d) Cataract affects up to 10% of users

10) Use of intranasal corticosteroids in pregnancy: Which product is listed in FDA Pregnancy Category B?
    a) Mometasone furoate
    b) Fluticasone furoate
    c) Budesonide
    d) Triamcinolone acetonide