Continuing Medical Education Examination

The Role of Inhalant Allergens in Allergic Airways Disease

Instructions to obtain 1.3 Continuing Medical Education Credits

These credits can be earned by reading the text and taking this CME examination online through the SEAIC web site at www.seaic.org

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CME Items

1) Exacerbations of asthma
   a) Are always caused by viruses alone
   b) Often occur in asthma patients who are exposed to sensitizing allergen and have a viral infection
   c) Can be prevented by buying a dog
   d) Are not affected by the use of anti-IgE therapy

2) Mite allergen–proof encasings for the bed
   a) Prevent the development of asthma in high-risk children
   b) Improve asthma control in adults with mite allergy
   c) Improve rhinitis symptoms in adults
   d) Can reduce treatment requirements for children with asthma

3) Allergy to cats and dogs
   a) Is not a risk factor for asthma
   b) Only occurs if pets are present in the home from birth
   c) Can be prevented by having a pet in the home from birth
   d) Is best treated by avoiding the sensitizing pet if it is associated with asthma symptoms.

4) Cat allergen
   a) Is only found in homes in which cats have lived for many years
   b) Can readily be removed with damp dusting
   c) Levels can be reduced by washing the cat
   d) Exposure can be reduced by keeping a “low-allergen” cat

5) Vacuum cleaners with HEPA filters
   a) Have been shown to improve asthma control in clinical trials
   b) Reduce allergen exposure sufficiently for asthma patients to use safely at home
   c) Do not reduce allergen exposure, even in an experimental setting
   d) May offer some benefit as part of a multifaceted allergen-control regime

6) Exposure to high levels of mite allergen
   a) Will increase the risk of developing allergy to mites
   b) May increase the risk of allergy to mite in genetically predisposed individuals
   c) Can be prevented by avoiding mite allergen
   d) Has caused the increase in asthma prevalence

7) Air cleaners with HEPA filters
   a) Can reduce the airborne concentration of cat and dog allergens in homes with pets
   b) Substantially reduce personal exposure to dust mite allergen
   c) Should always be recommended in the treatment of allergic asthma
   d) Are as effective as inhaled corticosteroids in controlling asthma

8) Current single chemical and physical interventions aimed at reducing dust mite allergens
   a) Are effective in the treatment of asthma in adults
   b) Are effective in the treatment of rhinitis
   c) Are effective in the treatment of eczema
   d) None of the above

9) Aerodynamic characteristics of allergens
   a) Most mite and cockroach allergens are carried on relatively large particles (>10 μ in diameter)
   b) Most mite and cockroach allergens are carried on relatively small particles (<10 μ in diameter)
   c) Airborne dust mite and dog allergen share the same aerodynamic characteristics
   d) Airborne pet allergens can only be measured in homes with pets

10. Pregnant women with asthma should be advised to
    a) Buy a dog
    b) Remove the cat
    c) Encase mattress, pillow, and quilt in allergen-impermeable covers
    d) None of the above