Mastocytosis and Allergic Diseases

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CME Items

1. Which of the following does the term mastocytosis encompass?
   a. A heterogeneous group of clonal diseases characterized by proliferation and accumulation of mast cells in various tissues
   b. A somatic ‘autoactivating’ point mutation at codon 816 of the \textit{KIT} gene
   c. Proliferation and accumulation of mast cells in various tissues, mainly skin and bone marrow
   d. All of the above

2. Which of these sentences is correct?
   a. Elevated basal serum tryptase levels are specific for mastocytosis
   b. All mastocytosis patients have elevated serum tryptase levels
   c. Tryptase is contained in the secretory granules of human mast cells and has trypsin-like activity
   d. Elevated baseline serum tryptase is a major criterion for the diagnosis of mastocytosis

3. Which of the following can trigger massive degranulation of mast cells and cause anaphylaxis in adults with mastocytosis?
   a. Hymenoptera sting
   b. Drugs
   c. Foods
   d. All of the above

4. Which of the following is true for the REMA score?
   a. It is a predictive model for clonal mast cell diseases based on clinical and laboratory findings that can be used to better identify patients with Hymenoptera venom allergy and a strong suspicion of mastocytosis
   b. It has low specificity and sensitivity
   c. It is a score to identify patients with mastocytosis and osteoporosis
   d. Is an allergological test used in suspected Hymenoptera allergy

5. What is the prevalence of insect venom allergy in patients with any form of mastocytosis?
   a. About 3%
   b. About 20-30%
   c. Less than 2%
   d. About 50-60%

6. Regarding diagnostic tests for Hymenoptera venom allergy in patients with mastocytosis, which of these sentences is correct?
   a. They are usually safe in patients with mastocytosis
   b. Close medical supervision and immediate availability of resuscitation facilities are recommended
   c. Skin testing and determination of specific IgE should be performed at least 4 weeks after the reaction
   d. All of the above

7. Which of the following is true for patients with Hymenoptera venom allergy and mastocytosis?
   a. They have to receive lifelong venom immunotherapy
   b. They have to receive venom immunotherapy for 3 years
   c. They must not receive venom immunotherapy because it is very dangerous
   d. They only have to carry emergency epinephrine

8. Which of the following drugs are known as most frequent triggers of anaphylaxis in patients with mastocytosis?
   a. Nonsteroidal anti-inflammatory drugs
   b. \textit{\beta}-Lactam antibiotics
   c. Radiocontrast media
   d. All of the above

9. Which of the following is true with respect to the use of general anesthetics in mastocytosis patients?
   a. The risk of perioperative anaphylaxis in children with mastocytosis is low and limited to patients with extensive skin involvement
   b. The risk in adults seems to be low
   c. Premedication with sedatives such as benzodiazepines is contraindicated
   d. Opiates and neuromuscular blocking agents are considered safe

10. If a patient with mastocytosis has to undergo a diagnostic procedure with radiocontrast medium, which of the following should be recommended?
    a. Premedication with antihistamines and corticosteroids in selected cases to prevent or reduce the severity of a possible reaction
    b. No recommendations have been suggested
    c. Slow injection of radiocontrast medium
    d. Use of a nonionic radiocontrast medium