CONTINUING MEDICAL EDUCATION EXAMINATION

Profilin, a Change in the Paradigm

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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

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CME Items

1. Which of the following is correct?
   a. Profilins are actin-binding proteins that regulate cell movement and signal transmission.
   b. Profilins are 12- to 15-kDa proteins that can be found in all eukaryotic cells.
   c. Profilins can be found in vegetables, fruits, pollen, and latex.
   d. All of the above are correct.

2. Which of the following statements is correct?
   a. Profilin-allergic patients are primarily sensitized through the airway.
   b. Profilin never causes systemic symptoms because it is gastric acid–labile.
   c. Profilin-allergic patients are primarily sensitized through the digestive route.
   d. Profilin-induced symptoms are always limited to the oral cavity.

3. Which of the following is incorrect with respect to the diagnosis of profilin sensitization?
   a. Natural palm tree profilin (nPho d 2) is the most frequently studied extract used to assess profilin sensitization in the in vivo test.
   b. The recombinant profilin from birch pollen (r Bet v 2) is a good marker.
   c. The natural form of the palm tree profilin (nPho d 2) is usually applied for in vitro identification of pollen sensitization.
   d. All of the above are correct.

4. Despite being a minor allergen in most plant foods, in which of the following does profilin act as a major allergen?
   a. Melon (Cuc m 2)
   b. Orange (Cit s 2)
   c. Soybean (Gly m 3)
   d. All of the above

5. Which of the following is true with respect to the impact of profilin sensitization on the selection of allergen immunotherapy?
   a. Profilin sensitization facilitates diagnosis and treatment in pollen-polysensitized patients.
   b. Profilin is one of the main confounding factors when deciding the allergen composition of immunotherapy.
   c. CRD is helpful in assessing the presence of major and cross-reactive allergens and provides the best information on clinical relevance.
   d. Organ-specific challenges are not an appropriate way to assess clinical relevance in polysensitized patients.

6. Which of the following is not true for profilin allergy treatment?
   a. A recombinant form of Phl p 12 and a mutant form of Cuc m 2 (melon profilin) have been developed and proposed as candidates for profilin allergy immunotherapy.
   b. The best way to treat profilin sensitization/allergy could be preventive administration of regular allergen immunotherapy in early stages of pollen sensitization.
   c. There is contradictory information about whether grass monotherapy is likely the best therapeutic option to treat profilin-sensitized patients or not.
   d. Profilin-positive grass-monoallergic patients can be identified for allergen immunotherapy with whole-extract–based diagnosis.

7. In type II food allergy caused by profilin, which of the following is correct?
   a. Currently, the best option for profilin allergy treatment may be sublingual immunotherapy with an nPho 2 extract.
   b. Profilin generally induces mild symptoms and therefore is not an important therapeutic target.
   c. The production of plant foods with reduced allergenicity has not been studied in patients with profilin allergy.
   d. Pollen allergen immunotherapy can be used for effective treatment of secondary food allergy.

8. Which of the following factors have been pointed out as a potential asthma risk factor in pollen-sensitized patients?
   a. Ole e 2
   b. Ole e 9
   c. Oral allergy syndrome to Cucurbitaceae fruits
   d. Responses a) and c) are correct.

9. Which of the following statements is correct?
   a. Profilin sensitization is irrelevant from a clinical point of view.
   b. There is a south-north gradient of increased profilin sensitization.
   c. Profilin can trigger conjunctival symptoms in conjunctival challenges, and it remains to be elucidated whether it can also trigger these symptoms under real-life conditions.
   d. Profilin induces nasal but not bronchial symptoms.

10. Which of the following is not true?
    a. Melon, peach, and strawberries are the most common fruits related to profilin food allergy.
    b. Food profilin reactions induce remodeling in the oral mucosa.
    c. There are no reported systemic reactions due to profilin food allergy.
    d. All the above are incorrect.