

CONTINUING MEDICAL EDUCATION EXAMINATION

# Mastocytosis and Allergic Diseases

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## CME Items

- Which of the following does the term mastocytosis encompass?
  - A heterogeneous group of clonal diseases characterized by proliferation and accumulation of mast cells in various tissues
  - A somatic 'autoactivating' point mutation at codon 816 of the *KIT* gene
  - Proliferation and accumulation of mast cells in various tissues, mainly skin and bone marrow
  - All of the above
- Which of these sentences is correct?
  - Elevated basal serum tryptase levels are specific for mastocytosis
  - All mastocytosis patients have elevated serum tryptase levels
  - Tryptase is contained in the secretory granules of human mast cells and has trypsin-like activity
  - Elevated baseline serum tryptase is a major criterion for the diagnosis of mastocytosis
- Which of the following can trigger massive degranulation of mast cells and cause anaphylaxis in adults with mastocytosis?
  - Hymenoptera sting
  - Drugs
  - Foods
  - All of the above
- Which of the following is true for the REMA score?
  - 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
  - It has low specificity and sensitivity
  - It is a score to identify patients with mastocytosis and osteoporosis
  - Is an allergological test used in suspected Hymenoptera allergy
- What is the prevalence of insect venom allergy in patients with any form of mastocytosis?
  - About 3%
  - About 20-30%
  - Less than 2%
  - About 50-60%
- Regarding diagnostic tests for Hymenoptera venom allergy in patients with mastocytosis, which of these sentences is correct?
  - They are usually safe in patients with mastocytosis
  - Close medical supervision and immediate availability of resuscitation facilities are recommended
  - Skin testing and determination of specific IgE should be performed at least 4 weeks after the reaction
  - All of the above
- Which of the following is true for patients with Hymenoptera venom allergy and mastocytosis?
  - They have to receive lifelong venom immunotherapy
  - They have to receive venom immunotherapy for 3 years
  - They must not receive venom immunotherapy because it is very dangerous
  - They only have to carry emergency epinephrine
- Which of the following drugs are known as most frequent triggers of anaphylaxis in patients with mastocytosis?
  - Nonsteroidal anti-inflammatory drugs
  - $\beta$ -Lactam antibiotics
  - Radiocontrast media
  - All of the above
- Which of the following is true with respect to the use of general anesthetics in mastocytosis patients?
  - The risk of perioperative anaphylaxis in children with mastocytosis is low and limited to patients with extensive skin involvement
  - The risk in adults seems to be low
  - Premedication with sedatives such as benzodiazepines is contraindicated
  - Opiates and neuromuscular blocking agents are considered safe
- If a patient with mastocytosis has to undergo a diagnostic procedure with radiocontrast medium, which of the following should be recommended?
  - Premedication with antihistamines and corticosteroids in selected cases to prevent or reduce the severity of a possible reaction
  - No recommendations have been suggested
  - Slow injection of radiocontrast medium
  - Use of a nonionic radiocontrast medium