

CPD questionnaire • May/June

Update on the pharmacological management of neurodegenerative diseases: Alzheimer's disease

1. Which of the following neurodegenerative diseases is the most common?

- a Parkinson's disease
- b Huntington's disease
- c Alzheimer's disease
- d Motor neuron disease

2. The only drug combination approved by the US-FDA for the treatment of Alzheimer's disease is:

- a Aducanumab and memantine
- b Galantamine and rivastigmine
- c Donepezil and rivastigmine
- d Donepezil and memantine

3. Which of the following drugs is a monoclonal antibody targeting beta-amyloid (A β) proteins?

- a Memantine
- b Lecanemab
- c Rivastigmine
- d Donepezil

Management of allergies and sinusitis

4. Allergic diseases are a group of disorders that occur because of the immune system's activation by _____.

- a Chronic, infectious, viruses
- b Acute, infectious, bacteria
- c Chronic, inflammatory, allergens
- d Acute, inflammatory, injury

5. Secretion of cytokines will stimulate cells to produce IgE antibodies and proliferate eosinophils, mast cells and neutrophils. This will result in:

- a Vascular constriction, bronchodilation and infection
- b Vascular leakage, bronchoconstriction and inflammation
- c Vascular dilation, bronchoconstriction and shock
- d Vascular dilation, bronchodilation and inflammation

6. Intranasal corticosteroids have shown efficacy against both chronic rhinosinusitis and acute rhinosinusitis. They are intended for short term use to prevent side effects such as:

- a Atrophy of nasal mucosa
- b Weight gain and increased appetite
- c Hyperglycemia
- d Suppression of immune system

7. Antihistamines are the first-line therapy for treatment of acute rhinosinusitis. The second generation of antihistamines, e.g. cetirizine and loratadine are preferred, because:

- a They have more anti-inflammatory properties to reduce swelling in the nasal mucosa
- b They are more effective in atopic patients with symptoms like rhinorrhea.
- c They cross the blood-brain barrier, increasing efficacy centrally.
- d They have higher affinity for histamine receptors, with less sedative anticholinergic effects.

The misuse of analgesics and nonsteroidal anti-inflammatories in runners

8. Which poorly perfused tissue is at a higher risk of injury as it adapts slowly to an increased mechanical load?

- a Muscle
- b Tendons and ligaments
- c Cartilage
- d Adipose tissue

9. Which sub-group of runners are more likely to use NSAIDs during an event?

- a 5 km runners
- b 10 km runners
- c Marathon runners
- d Ultra-marathon runners

10. Which is the most common NSAID taken in cases of overdose?

- a Ibuprofen
- b Diclofenac
- c Naproxen
- d Celecoxib

11. What is one major risk of using analgesics and anti-inflammatories such as NSAIDs during a marathons and ultra-marathons?

- a Decreased performance
- b Acute renal failure
- c Cramps
- d Seizures

The answers for these CPD questions will be in the upcoming issue of the SAPI.
This activity can contribute towards your CPD compliance.

CPD answers • March/April

1. a 2. d 3. a 4. b 5. a 6. d 7. d 8. d