

CONTINUING MEDICAL EDUCATION EXAMINATION

# The Role of Inhalant Allergens in Allergic Airways Disease

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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  $\mu$  in diameter)
  - b) Most mite and cockroach allergens are carried on relatively small particles (<10  $\mu$  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