

Chapter 64. Psoriasis, Self-Assessment Questions

1. Which of the following is *not* a comorbidity of psoriasis?
 - A. Crohn disease
 - B. Hypertension
 - C. Metabolic syndrome
 - D. Diabetes
 - E. All of the above are comorbidities of psoriasis
2. Which of the following histocompatibility complex is genetically linked to psoriasis?
 - A. HLA-Cw* on Chromosome 06
 - B. HLA-Cw* on Chromosomes 17
 - C. HLA-Cw* on Chromosomes X and Y
 - D. Genes involved in peptide signaling are likely associated with psoriasis.
3. Which of the following options is considered nonpharmacological approach to treatment psoriasis?
 - A. Psychotherapy for reduction of stress
 - B. Medicated moisturizers
 - C. Aveeno moisturizer containing fragrance is recommended
 - D. Use of tight-fitting cloth to help retain moisture on lesions
4. Which of the following drugs may cause new onset of psoriasis?
 - A. Metoprolol
 - B. Acetylsalicylic acid

- C. Lithium
 - D. Prednisone
 - E. All of the above
5. All of the following cytokines play a major role in the inflammatory process of psoriasis except:
- A. Tumor necrosis factor (TNF- α)
 - B. Interleukin 1 β (IL-1 β)
 - C. Interleukin 2 γ (IL-2 γ)
 - D. Interferon β (IFN- β)
6. A 61-year-old man presents with mild plaque psoriasis affecting his elbows and knees. Which of the following constitute an initial pharmacologic therapy for him:
- A. Clobetasol spray
 - B. Betamethasone ointment
 - C. Betamethasone cream
 - D. Hydrocortisone lotion
7. A 25-year-old woman in her first trimester presents with moderate plaque psoriasis affecting her face, scalp, trunk, arms, and legs. Which of the following would *not* be appropriate?
- A. Calcipotriol 50 mcg/g ointment
 - B. Betamethasone valerate 0.1% scalp lotion
 - C. Hydrocortisone 1% to lesions on her face
 - D. Anthralin 0.2% cream
 - E. Tazarotene 0.05% gel
8. Effective combination therapies include all of the following *except*:

- A. Topical corticosteroid + calcipotriol
- B. Topical corticosteroid + tazarotene
- C. Topical corticosteroid + methotrexate
- D. Topical corticosteroid + UVB
- E. Acitretin + PUVA

9. Calcipotriol can be inactivated by:

- A. UVA
- B. Anthralin
- C. Acitretin
- D. None of the above
- E. All of the above

10. A 45-year-old man has new-onset moderate to severe plaque psoriasis with a history of liver cirrhosis for the past 5 years. Which of the following systemic agents would be appropriate as initial therapy?

- A. Infliximab
- B. Adalimumab
- C. Methotrexate
- D. Cyclosporine

11. Which of the following statements is true about effective combination therapy for psoriasis?

- A. Tazarotene can be used with UVB
- B. Acitretin can be used with calcipotriol
- C. Cyclosporine can be used with calcipotriol
- D. None of the above

E. All of the above

12. An obese 68-year-old man with severe psoriasis has been receiving treatment with methotrexate. Which of the following would *not* be an appropriate monitoring parameter during therapy?

A. Annual pulmonary function testing

B. Annual auditory function testing

C. Liver function tests every 1 to 2 months

D. Consider liver biopsy at a cumulative methotrexate dose of 1.5 g

E. Complete blood count monthly to bimonthly

13. Appropriate use of cyclosporine includes all of the following *except*:

A. Patients with severe inflammatory flares of psoriasis

B. Patients with recalcitrant psoriasis who have failed other therapies

C. Waiting for a month before considering a dosage increase, if the response is inadequate

D. Using a combination of cyclosporine and PUVA

E. Using a combination of cyclosporine and SCAT

14. Which cytokine modulator is a TNF- α inhibitor?

A. Methotrexate

B. Etanercept

C. Alefacept

D. Acitretin

15. Which of the following natural products has been shown effective in managing psoriasis in combination with vitamin B12 cream?

- A. Aloe vera
- B. Avocado oil
- C. Relieva
- D. Bovine cartilage

Answers to Self-Assessment Questions

- 1. E
- 2. A
- 3. A
- 4. A
- 5. D
- 6. B
- 7. E
- 8. D
- 9. A
- 10. A
- 11. E
- 12. B
- 13. D
- 14. B
- 15. B