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
5. All of the following cytokines play a major role in the inflammatory process of psoriasis except:
   A. Tumor necrosis factor (TNF-\(\alpha\))
   B. Interleukin 1 \(\beta\) (IL-1 \(\beta\))
   C. Interleukin 2 \(\gamma\) (IL-2 \(\gamma\))
   D. Interferon \(\beta\) (IFN-\(\beta\))

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