

Quiz Page — Psoriasis: Information for the Pharmacist

1. Psoriasis

- a. occurs in about 10% of the population in the USA
- b. is most common in women
- c. occurs most often in Caucasians
- d. is always an acute problem

2. Which of the following are symptoms of psoriasis?

- a. altered maturation of the skin
- b. hyperproliferation of the epidermis
- c. inflammation
- d. all of the above

3. The most common type of psoriasis is

- a. plaque psoriasis
- b. guttate psoriasis
- c. pustular psoriasis
- d. psoriatic arthritis

4. Koebner's phenomenon is

- a. psoriasis at the site of a skin trauma
- b. the same as plaque psoriasis
- c. psoriasis affecting the extremities
- d. a diffuse psoriasis affecting several organ systems

5. Tars

- a. have no anti-inflammatory activity
- b. are only used to treat severe psoriasis
- c. have an odor and can stain material
- d. are ideal for treating pustular psoriasis

6. Anthralin

- a. is used in a 10% oil in water solution
- b. does not stain skin or material
- c. is a derivative of chrysarobin
- d. can also be used on nonpsoriatic skin without problems

7. Corticosteroids

- a. are the most frequently used medications to treat mild to moderate psoriasis
- b. may stain clothes; therefore, are not as desirable as coal tar
- c. do not reduce inflammation
- d. have no adverse effects

8. Vitamin D analogues

- a. may cause hypercalcemia
- b. are contraindicated in pregnancy and lactation
- c. are used in a maximum weekly dose of 5 milligrams
- d. all of the above

9. Retinoids

- a. exert their effects by altering sodium flow in the skin
- b. are used in 1 gram oral doses three times a day
- c. bind to specific retinoid receptors in the skin
- d. usually improve symptoms within two days

10. Oral retinoids

- a. may be teratogenic
- b. are used as monotherapy for plaque psoriasis
- c. do not affect any major organ systems
- d. b & c

11. Phototherapy

- a. has been used for a century to treat skin disorders
- b. is used in moderate and severe psoriasis
- c. uses sunlight to treat skin disorders
- d. a & b

12. PUVA

- a. combines ultraviolet A light and psoralen
- b. provides no anti-inflammatory effects
- c. is used daily for 10 days for best results
- d. must be used topically

13. Methotrexate

- a. is a retinoic acid inhibitor
- b. should be used in patients who do not respond to other therapies
- c. has few adverse effects
- d. is used in a dose of 100 mg daily for a month

14. Cyclosporine

- a. is used in a dose of 100 mg twice daily for 2 weeks
- b. produces remission in about one week
- c. is an immunosuppressive agent that has been useful in psoriasis
- d. acts on specific "cyclosporine receptors" in the skin

15. Tacrolimus

- a. is a macrolide antibiotic
- b. has greater immunosuppressive activity than cyclosporine
- c. is used in a dose of 0.1 to 0.15 mg/kg/day
- d. all of the above

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