

Medicines for Managing High Cholesterol: A Review

1. What total cholesterol level reading meets the minimal threshold for high according to current guidelines?

- a. 100 mg/dL
- b. 150 mg/dL
- c. 190 mg/dL
- d. 200 mg/dL

2. Which of the following is the key contributor to atherosclerosis?

- a. Increased number of chylomicrons
- b. High triglyceride levels
- c. High LDL levels
- d. High HDL levels

3. All cases of dyslipidemia caused by defects in the endogenous pathway are based on genetic mutations.

- a. True
- b. False

4. Which of the following represents a disorder in lipoprotein assembly that might lead to hypercholesterolemia?

- a. FHTG
- b. FCHL
- c. Metabolic syndrome
- d. All of the above

5. Hypothyroidism may lead to increased production of LDL.

- a. True
- b. False

6. Which of the following does not contribute to low HDL levels?

- a. Alcohol use
- b. Cigarette smoking
- c. Lack of exercise or daily physical activity
- d. Mid-section obesity.

7. What age does the NCEP recommend that women without a family history of cardiovascular disease begin routine screening for dyslipidemia?

- a. 35 years old
- b. 40 years old
- c. 45 years old
- d. 55 years old

8. Which of the following medication classes have been shown to most effectively lower LDL levels?

- a. Statins
- b. Fibrates
- c. Niacin
- d. Bile acid sequestrants

9. Which of the following is recommended for individuals who have acute coronary syndrome without an elevated LDL?

- a. Atorvastatin
- b. Lovastatin
- c. Rosuvastatin
- d. Simvastatin

10. Which of the following class of medications are generally considered safe for use in lowering cholesterol but might result in decreased in absorption of other drugs such as hydrochlorothiazide?

- a. Statins
- b. Fibrates
- c. Niacin
- d. Bile acid sequestrants

11. It is generally safe to use non-prescription niacin products to control cholesterol levels so long as an individual is regularly monitored by a health care professional.

- a. True
- b. False

12. Which of the following is true of the fibrate class of medications?

- a. Primarily used to lower LDL levels
- b. When used with anticoagulants, the dose of the anticoagulant should be increased
- c. Most effective when used for individuals with low HDL levels, elevated LDLs, and elevated triglycerides that have not responded to other therapy
- d. Safe to use in individuals who have a history of renal insufficiency

13. The use of ezetimibe alone or in combination with a statin has been clinically shown to reduce the risk of cardiac morbidity and mortality.

- a. True
- b. False

14. Pharmacists are generally prohibited from actually performing the blood test to determine cholesterol levels.

- a. True
- b. False

15. For a typical patient with an initial diagnosis of hypercholesterolemia, how many months will lifestyle changes be implemented before re-evaluating cholesterol levels to determine whether medication therapy is needed?

- a. 1 month
- b. 3 months
- c. 6 months
- d. 12 months

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