Test yourself in allergic rhinitis

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Choose only one answer:

1. The most common cause of rhinitis is:
   a- Bacterial infection
   b- Allergic reaction
   c- Chemical irritation
   d- Bleeding tendency

2. The prevalence of allergic rhinitis is:
   a- About 10%
   b- About 20%
   c- About 30%
   d- About 50%

3. Intermittent AR is defined as:
   a- Symptoms for > 2 days/week but for < 3 consecutive weeks
   b- Symptoms for < 3 days/week or for < 3 consecutive weeks
   c- Symptoms for > 3 days/week but for < 4 consecutive weeks
   d- Symptoms for < 4 days/week or for < 4 consecutive weeks

4. Persistent allergic rhinitis is characterized by:
   a- Moderate to severe symptoms
   b- Impaired sleep
   c- Impaired daily activities
   d- All of the above

5. Allergic rhinitis involves inflammation of the mucous membranes of:
   a- Nose and eyes
   b- Nose and nasal sinuses
   c- Eustachian tubes and middle ear
   d- Pharynx
   e- All of the above

6. Mediators that are preformed in nasal mast cells include:
   a- Histamine and tryptase
   b- Histamine and leukotrienes
   c- Leukotrienes and chymase
   d- Tryptase and prostaglandin D2

7. Sneezing and itching in allergic rhinitis is mediated by:
   a- Sensory nerve stimulation
   b- Nasal obstruction
   c- Postnasal drip
   d- None of the above

8. The late-phase response in allergic rhinitis is characterized by:
   a- Recruitment of other inflammatory cells to the mucosa
   b- Less sneezing and itching
   c- More congestion and mucus production
   d- All of the above
   e- None of the above

9. Cysteinyl leukotrienes are synthesized:
   a- Via 5-lipoxygenase metabolism of arachidonic acid
   b- By mast cells and basophils during the early-phase reaction
   c- By eosinophils and macrophages during the late-phase reaction
   d- All of the above

10. Proinflammatory cytokines in allergic rhinitis include:
    a- TNF-α
    b- Tryptase
    c- Serotonin
    d- All of the above

11. IL-10:
    a- Is a Th-2 cytokine
    b- Has a regulatory function
    c- Is not expressed in allergic individuals
    d- All of the above

12. Endothelial cell adhesion molecules
    a- VCAM-1 is one of them
    b- Decrease eosinophil infiltration
    c- Their receptors are down-regulated by TNF-α
    d- All of the above
13. The main line of treatment of allergic rhinitis is:
   a- Allergen avoidance
   b- Local corticosteroids
   c- Antihistamines
   d- Specific immunotherapy
   e- All of the above

14. Leukotriene receptor antagonists (LTRAs) in the treatment of allergic rhinitis:
   a- Can be used as single agents
   b- Have additive efficacy to other treatments
   c- Block the effect of local medications
   d- Have no role

15. A new line of treatment of allergic rhinitis involves:
   a- Selective inhibition of cytokines and adhesion molecules
   b- Blockade of IgE, using monoclonal antibodies
   c- Immunotherapy with recombinant mutated allergens
   d- All of the above

(Answers on page 46)