

# Examining Hyperhidrosis (Excessive Sweating): A Managed Markets Update on New Treatments, Featuring a Patient Perspective

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1. Each participant evaluating the activity is eligible to receive CE credit.
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## Sample of Online Posttest

Choose the best answer for each of the following:

1. **The term primary hyperhidrosis is best described by which of the following definitions?**
  - A. Insufficient sweat production
  - B. Excessive sweating due to temperature changes
  - C. Excessive sweating due to overstimulation by acetylcholine released by the sympathetic nervous system
  - D. Excessive sweating due to medication
2. **Which of the following accurately highlights differences between primary and secondary hyperhidrosis?**
  - A. There is usually a positive family history in secondary hyperhidrosis.
  - B. Primary hyperhidrosis often presents during sleep.
  - C. Primary hyperhidrosis presents later in life.
  - D. Sweating occurs in a typical distribution pattern in primary hyperhidrosis.
3. **Approximately what percentage of people with hyperhidrosis experience physical discomfort?**
  - A. 20%
  - B. 40%
  - C. 65%
  - D. 100%
4. **Comorbidities secondary to primary hyperhidrosis include which of the following?**
  - A. Skin infections, psoriasis, and/or warts
  - B. Cracked skin, hypertension
  - C. Eczema, athlete's foot, high cholesterol
  - D. Diabetes
5. **Hyperhidrosis negatively affects quality of life (QOL). What is the main tool used to assess the impact on QOL?**
  - A. 36-Item Short Form
  - B. State-Trait Anxiety Inventory G Form
  - C. Functional Living Index
  - D. Hyperhidrosis Disease Severity Scale
6. **Which of the following agents is recommended for treatment of skin irritation associated with application of topical aluminum chloride to the axillae?**
  - A. Topical diphenhydramine
  - B. Topical lidocaine
  - C. Topical diclofenac
  - D. Topical hydrocortisone
7. **MB is a 45-year-old woman who presents to the dermatology clinic for her excessive armpit sweating over the past 24 months. MB has a past medical history of ulcerative colitis (mesalamine 1600 mg 3 times daily), hypothyroidism (levothyroxine 50 mcg daily), and anxiety (alprazolam 0.25 mg twice daily as needed). She has been using topical aluminum chloride for 12 weeks and reports severe irritation in the axillae at today's appointment. MB is requesting another topical medication that could reduce her sweating due to her severe armpit irritation. Which of the following agents would be appropriate based on MB's medical history?**
  - A. Paroxetine
  - B. Hydrocortisone
  - C. Epinephrine + lidocaine
  - D. Glycopyrronium tosylate

8. **Botulinum toxin exerts its antisweat properties through the following mechanism of action:**
- A. Reduction in number of eccrine sweat glands
  - B. Temporary inhibition of acetylcholine release
  - C. Permanent inhibition of acetylcholine release
  - D. Muscarinic antagonism of the eccrine sweat glands
9. **Endoscopic thoracic sympathectomy is normally reserved for the most severe and debilitating cases of hyperhidrosis due to which of the following adverse effects?**
- A. Compensatory sweating
  - B. Paresthesia
  - C. Cold intolerance
  - D. Extreme hypertension
10. **JC is a 23-year-old man who presents to the dermatology clinic for excessive sweating of his armpits, hands, and feet. He does not have any significant past medical history and has never used any agents for his condition. JC is relieved to receive treatment and says that his untreated symptoms have been negatively affecting many areas of his life. Which of the following is true regarding the impact of hyperhidrosis on patient lifestyle?**
- A. Hyperhidrosis has a significant impact on patients' social lives but does not negatively impact their professional lives.
  - B. Untreated hyperhidrosis can increase the risk of infections and other skin conditions, leading to increase in healthcare costs.
  - C. There is no psychological impact of hyperhidrosis because the disease only involves sweat glands.
  - D. Although bothersome, patients do not normally report any extra time managing their symptoms throughout the day.

# SAMPLE POSTTEST