

Dr. Donovan – Hair Quiz 5

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1. A 34 year old woman has persistent anemia as well as hypoferritinemia. Her ferritin levels do not seem to respond to iron therapy. Which of the following blood tests are most appropriate?
 - a) Transglutaminase antibodies
 - b) Reverse T3
 - c) Serum B12 levels
 - d) Sex hormone binding globulin

2. A 34 year old woman reports that she has had persistent shedding for nearly five years. She was recently given a diagnosis of chronic telogen effluvium (CTE). Her history is significant for low ferritin levels in the past. Her hair has worsened with each of her 2 pregnancies and did not return to pre-pregnancy levels. In fact, she feels her hair is worse today than 6 months ago. She has some scalp itching but no burning and no pain. Which diagnosis must also be considered in this situation?
 - a) Androgenetic alopecia
 - b) Alopecia areata
 - c) Fibrosing Alopecia in a Pattern Distribution
 - d) Seborrheic dermatitis

3. A 34 year old woman has been recommended to have iron infusions with Venofer. What type of iron is Venofer?
 - a) Iron sucrose
 - b) Iron dextran
 - c) Ferric gluconate
 - d) None of the above

4. A 34 year old woman has been recommended to have iron infusions with Venofer. Which of the following are least likely side effects?
 - a) Gastrointestinal side effects such as diarrhea, nausea, vomiting
 - b) Headaches, dizziness
 - c) Hypertension
 - d) Pruritus

5. Most adverse effects with iron infusions occur within what length of time?
 - a) 5 minutes
 - b) 30 minutes
 - c) 3 hours
 - d) 3 days

6. Which of the following supplements have the potential to aid in iron absorption?
 - a) Ascorbic acid
 - b) Lysine
 - c) Vitamin A
 - d) All of the above

7. What is an important sequelae to consider in patients with chronic shedding issues?
 - a) Precipitation of androgenetic alopecia
 - b) Follicular burnout
 - c) Scalp malignancy
 - d) Complete resistance to all treatments

8. Which of the following patient scenarios best fits with a diagnosis of chronic idiopathic telogen effluvium (i.e. "CTE")?
 - a) 21 year old female with 8 months of shedding and history of low iron and starting and stopping birth control
 - b) 24 year old male with 10 months of shedding that improves to some degree with use of zinc pyrithione shampoo
 - c) 43 year old female with 4 months history of shedding and no evidence of follicular miniaturization
 - d) 49 year old women who once had tremendously thick hair who presents with 2 years of chronic shedding, normal blood tests and a normal appearing scalp.

9. Which of the following tests are the most appropriate initial tests in a 32 year old female with shedding and fatigue?
 - a) CBC, Ferritin and TSH
 - b) CBC, ferritin, TSH, T3, and Free T4
 - c) CBC, ferritin, TSH, T3, Free T4 and reverse T3
 - d) CBC, ferritin, TSH, T3, and Free T4 and thyroid peroxidase antibodies.

10. Which of the following tests would be LEAST in keeping with a diagnosis of chronic telogen effluvium (i.e. CTE)?
- a) A serum ferritin of 83
 - b) A terminal to vellus hair ratio of 2.2:1
 - c) A negative pull test on examination in the office
 - d) All of the above