



1. **What percentage of physicians were familiar with the supplements their patients were taking?**
 - a. 30% to 40%
 - b. 40% to 50%
 - c. 50% to 60%
 - d. Greater than 60%
2. **What percentage used some form of complementary and alternative medicine therapy (excluding prayer) during the past 12 months?**
 - a. Less than 10%
 - b. 10% to 20%
 - c. 20% to 30%
 - d. Greater than 30%
3. **In one study, herbal medicines/supplements were used in what percentage of cosmetic surgery patients?**
 - a. Greater than 50%
 - b. 40% to 50%
 - c. 30% to 40%
 - d. 20% to 30%
4. **In the same study, herbal medicines/supplements were used in what percentage of the general public?**
 - a. Greater than 50%
 - b. 40% to 50%
 - c. 30% to 40%
 - d. 20% to 30%
5. **Sales for herbal therapies have been increasing how much per year since the early 1990s?**
 - a. 10%
 - b. 20%
 - c. 30%
 - d. 40%
6. **Surveys have generally found that individuals more likely to use complementary and alternative medicine are:**
 - a. female, live in the western United States, are likely to have a health complaint and have a higher socioeconomic status than do nonusers.
 - b. male, live in the western United States, are likely to have a health complaint and have a higher socioeconomic status than do nonusers.
 - c. female, live in the eastern United States, are likely to have a health complaint and have a higher socioeconomic status than do nonusers.
 - d. male, live in the western United States, are likely to have a health complaint and have a lower socioeconomic status than do nonusers.
7. **Complementary medicine is:**
 - a. used in place of conventional medicine. Alternative medicine is also used in place of conventional medicine.
 - b. used together with conventional medicine. Alternative medicine is also used together with conventional medicine.
 - c. used together with conventional medicine. Alternative medicine is used in place of conventional medicine.
 - d. used together with conventional medicine. Alternative medicine is also used together with conventional medicine.
8. **Ethnobotany is the study of the relationship between:**
 - a. plants and medicine, including plants used for food.
 - b. plants and people, including plants used for food and medicine.
 - c. plants and food, including plants used for medicine.
 - d. plants and people, including foods used for medicine.
9. **Ethnomedicine is the study of:**
 - a. traditional medicines, especially those whose knowledge and practices have been orally transmitted the centuries.
 - b. nontraditional medicines, especially those whose knowledge and practices have been orally transmitted over the centuries.
 - c. traditional medicines, especially those whose knowledge and practices have been written over the centuries.
 - d. nontraditional medicines, especially those whose knowledge and practices have been written over the centuries.
10. **Homeopathy consists of substances that:**
 - a. are serially concentrated, with shaking at each stage that enhances "spirit-like medicinal powers held within a drug."
 - b. are serially diluted, with settling at each stage that enhances "spirit-like medicinal powers held within a drug."
 - c. are serially diluted, with shaking at each stage that enhances "spirit-like medicinal powers held within a drug."
 - d. are serially concentrated, with settling at each stage that enhances "spirit-like medicinal powers held within a drug."
11. **A meta-analysis homoeopathy trial showed that:**
 - a. strong evidence for effectiveness of homoeopathic remedies was found along with weak evidence in favor of conventional interventions.
 - b. weak evidence for effectiveness of homoeopathic remedies was found along with strong evidence in favor of conventional interventions.
 - c. strong evidence for effectiveness of homoeopathic remedies was found along with neutral evidence in favor of conventional interventions.
 - d. neutral evidence for effectiveness of homoeopathic remedies was found along with strong evidence in favor of conventional interventions.
12. **Categories of recommendations from the U.S. Preventive Services Task Force include:**
 - a. Level A: Good scientific evidence suggests that the benefits of the clinical service substantially outweigh the potential risks. Clinicians should discuss the service with eligible patients.
 - b. Level B: Good scientific evidence suggests that the benefits of the clinical service substantially outweigh the potential risks. Clinicians should discuss the service with eligible patients.
 - c. Level C: Good scientific evidence suggests that the benefits of the clinical service substantially outweigh the potential risks. Clinicians should discuss the service with eligible patients.
 - d. Level D: Good scientific evidence suggests that the benefits of the clinical service substantially outweigh the potential risks. Clinicians should discuss the service with eligible patients.
13. **Ranking for evidence about the effectiveness of treatments or screening from the U.S. Preventive Services Task Force includes:**
 - a. Level I: Evidence obtained from multiple time series with or without the intervention. Dramatic results in uncontrolled trials might also be regarded as this type of evidence.
 - b. Level II-1: Evidence obtained from multiple time series with or without the intervention. Dramatic results in uncontrolled trials might also be regarded as this type of evidence.
 - c. Level II-2: Evidence obtained from multiple time series with or without the intervention. Dramatic results in uncontrolled trials might also be regarded as this type of evidence.
 - d. Level II-3: Evidence obtained from multiple time series with or without the intervention. Dramatic results in uncontrolled trials might also be regarded as this type of evidence.
14. **The top four herbal/supplements for cosmetic patients in one study (in order of usage; highest listed first) were:**
 - a. Ephedra, chondroitin, *Echinacea*, glucosamine.
 - b. Chondroitin, ephedra, *Echinacea*, glucosamine.
 - c. Chondroitin, ephedra, glucosamine, *Echinacea*.
 - d. Ephedra, chondroitin, glucosamine, *Echinacea*.
15. **The top four used by the general public (in order of usage; highest listed first) were:**
 - a. *Echinacea*, garlic, ginger, ginseng.
 - b. Garlic, *Echinacea*, ginseng, ginger.
 - c. *Echinacea*, garlic, ginseng, ginger.
 - d. *Echinacea*, ginseng, garlic, ginger.
16. **Allergy treatments include:**
 - a. cold compresses, lubrication and daily disposable contact lenses.
 - b. warm compresses, lubrication and daily disposable contact lenses.
 - c. cold compresses, lubrication and extended-wear contact lenses.
 - d. warm compresses, lubrication and daily wear, gas-permeable contact lenses.
17. **Butterbur is a petasine that comes from a plant native to:**
 - a. Europe, northern Africa and southeast Asia.
 - b. Europe, west Africa and southeast Asia.
 - c. Europe, west Africa and southwest Asia.
 - d. Europe, northern Africa and southwest Asia.
18. **Butterbur has effects similar to:**
 - a. olopatadine without the drowsiness.
 - b. olopatadine with the drowsiness.
 - c. Zyrtec without the drowsiness.
 - d. Zyrtec with the drowsiness.
19. **In a study, 47 patients were subjected to an antigen and treated with either Similasan #2 or a saline control:**
 - a. Both the Similasan and the placebo showed increased hyperemia and itching.
 - b. Both the Similasan and the placebo showed decreased hyperemia and itching. However, there were no statistically significant differences between the two.
 - c. Both the Similasan and the placebo showed increased hyperemia and itching. There were statistically significant differences between the two.
 - d. Both the Similasan and the placebo showed no change in hyperemia and itching.
20. **One of the most effective methods of lid hygiene and massage is:**
 - a. microwaving cooked rice and a sock.
 - b. microwaving cooked rice and a sterile gauze.
 - c. microwaving uncooked rice and a sock.
 - d. microwaving uncooked rice and a sterile gauze.

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ODs face increasing need for knowledge of nonpharmaceutical treatments

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Answers

- | | |
|-------------|-------------|
| 1. a b c d | 11. a b c d |
| 2. a b c d | 12. a b c d |
| 3. a b c d | 13. a b c d |
| 4. a b c d | 14. a b c d |
| 5. a b c d | 15. a b c d |
| 6. a b c d | 16. a b c d |
| 7. a b c d | 17. a b c d |
| 8. a b c d | 18. a b c d |
| 9. a b c d | 19. a b c d |
| 10. a b c d | 20. a b c d |

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