



PAKISTAN NUTRITION & DIETETIC SOCIETY (PNDS)

Continuing Nutrition Education Session Quiz

CNE TOPIC: _____

Name of Participant: _____ Date: _____

1. In auto-immune disease:

- A. *The immune response is flawed, and the communication system breaks down*
- B. *The body's immune system takes aim the other tissues and antibodies*
- C. *The immune system can distinguish the body's tissues from foreign cells*
- D. *All of the above*

2. In pemphigus vulgaris the adhesive protein and the antibody involved is:

- A. *Desmoglein 3 and IgA*
- B. *Desmoglein 3 and IgE*
- C. *Desmoglein 3 and IgG*
- D. *All of the above*

3. Acantholysis is:

- A. *The auto antibodies target the *keratinocytes* to lose their ability to stick together, resulting in the separation of these skins cells from one another and the breakdown of the affected skin cell layer.*
- B. *Is the loss of intercellular connections resulting in loss of cohesion between keratinocytes.*
- C. *A condition characterized by a pathologic disruption of intercellular bridges between keratinocytes in the squamous epithelium surfaces, resulting in separation of the epithelium from the subjacent dermis.*
- D. *All of the Above*

4. Arthritis can affect babies and children, as well as people in the prime of their lives:

True or False

5. Significant nutritional risk factors associated with RA treatment drugs includes:

- A. Use of corticosteroids and Methotrexate
- B. Use of Disease-modifying anti-rheumatic drugs (DMARDS) & NSAIDS.
- C. Methotrexate & NSAIDS
- D. All of the above

6. Which of the following is now the most common presentation of celiac disease in adults?

- A. Anemia
- B. Migraine headaches
- C. Oral ulcers (canker sores)
- D. Increased liver enzymes

7. A patient with celiac disease is not responding to a gluten-free diet. Which of the following is the most likely cause of this problem?

- A. Intestinal cancer has developed
- B. Lactose intolerance is present
- C. Diet is contaminated with gluten
- D. There is associated pancreatic insufficiency

8. Gluten is present in which of the following grains?

- A. Wheat, rye, corn
- B. Wheat, barley, sorghum
- C. Wheat, barley, millet
- D. Wheat, rye, barley

9. Which of the following is not commonly present in patients with celiac disease?

- A. Fatigue
- B. Short stature
- C. Bloody stools
- D. Constipation

10. The word "celiac" refers to which of the following?

- A. Abdomen
- B. Intestine
- C. Diarrhea
- D. Weight loss

