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CME examination

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Nawrocki S, Cha J. J Am Acad Dermatol 2019;81:657-66.

Directions for questions 1-5: Choose the single best response.

A 39-year-old man has been experiencing generalized night sweats for the past 2 months. Over the past 5 months, he noted fatigue, weight loss, and an unexplained fever. The physical examination reveals lymphadenopathy of the neck, underarms, and groin, as well as marked hepatosplenomegaly. This patient's complaint of night sweats is most likely to be clinically categorized as secondary hyperhidrosis.

1. Which of the following types of sweat glands are believed to be responsible for primary hyperhidrosis?
 - a. Apocrine glands
 - b. Ceruminous glands
 - c. Eccrine glands
 - d. Apoeccrine glands
 - e. Sebaceous glands
2. Which of the following is a step in the sudomotor efferent sympathetic pathway for thermoregulation?
 - a. Lateral horn to an autonomic ganglion
 - b. Myelinated fibers trigger eccrine sweat
 - c. Hypothalamus to medulla
 - d. Cortex to the pterygopalatine ganglion
 - e. Medulla to hypothalamus

A 20-year-old woman has had excessive daytime sweating over the past year, occurring at least once per week, and particularly before performing stressful tasks at work. She complains of exaggerated bilateral perspiration, especially on the palms of her hands and the soles of her feet. Her mother and siblings have been experiencing similar symptoms for years. The physical examination reveals no abnormal findings other than moist palms. The patient's complaint can most likely be categorized as primary hyperhidrosis.

3. Which of the following is suspicious for a diagnosis of primary focal hyperhidrosis?
 - a. Generalized and asymmetrical distribution
 - b. Bilateral and symmetric distribution
 - c. Sweating during sleep
 - d. Onset of symptoms at 40 years of age
 - e. Compensatory sweating
4. Which of the following is suspicious for a diagnosis of secondary hyperhidrosis?
 - a. Family history
 - b. Lack of nocturnal symptoms
 - c. Asymmetric, unilateral, or generalized distribution
 - d. Onset of symptoms at 14 years of age
 - e. Thermally or emotionally induced sweating
5. Which of the following is a specific diagnostic criteria of primary hyperhidrosis proposed by the multi-specialty working group consensus panel?
 - a. Asymmetric distribution
 - b. Focal sweating for 2 months
 - c. Occurring once a month
 - d. Affecting eccrine-dense areas
 - e. Mostly occurs while sleeping