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CME examination

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Freites-Martinez A, Shapiro J, van den Hurk C, Goldfarb S, Jimenez JJ, Rossi AM, Paus R, Lacouture ME. *J Am Acad Dermatol* 2019;80:1199-213.

Directions for questions 1-4: Choose the single best response.

A 62-year-old woman was diagnosed with stage III hormone receptor–negative breast cancer and was treated with surgery, radiation, and chemotherapy (doxorubicin hydrochloride and cyclophosphamide, followed by paclitaxel). At her 1-year follow-up, the patient reported incomplete hair regrowth after completion of chemotherapy. An examination of the scalp revealed features of diffuse nonscarring alopecia with hair dystrophy, and the hair pull test was negative. Trichoscopy revealed miniaturized hairs and few yellow dots. The patient had no other skin or nail findings.

1. What is the most probable diagnosis?
 - a. Telogen effluvium
 - b. Endocrine therapy–induced alopecia
 - c. Persistent radiotherapy-induced alopecia
 - d. Androgenetic alopecia
 - e. Persistent chemotherapy-induced alopecia
2. Which of the following is the most probable cause of alopecia in this cancer survivor?
 - a. Taxane chemotherapy
 - b. Radiation therapy
 - c. Aromatase inhibition
 - d. Surgery-related telogen effluvium
 - e. Increased androgen sensitivity of hair follicles

A 47-year-old female breast cancer survivor has been noticing hair thinning over the past 2 months. The patient was treated with lumpectomy, breast radiotherapy, and initiated adjuvant therapy with tamoxifen. Her scalp examination revealed features of androgenetic alopecia, with receding of the frontoparietal hairline and miniaturized hairs in the crown area.

3. Which of the following may be the most likely culprit of the hair changes seen in this breast cancer survivor?
 - a. Cytotoxic chemotherapy
 - b. Radiation
 - c. Tamoxifen
 - d. Local immune hair dysregulation
 - e. Cancer surgery
4. Which treatment option is the most appropriate in this patient?
 - a. Topical minoxidil
 - b. Topical steroids
 - c. Topical spironolactone
 - d. Reassure the patient; she does not need to be treated
 - e. Oral finasteride 1 mg/day