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CME examination

Identification No. JD0619

June 2019 issue of the Journal of the American Academy of Dermatology.

Azarchi S, Bienenfeld A, Lo Sicco K, Marchbein S, Shapiro J, Nagler AR. J Am Acad Dermatol 2019;80:1509-21.

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

A 21-year-old overweight woman has multiple breakouts on her chin and jaw line every month. She has a noticeable amount of coarse hairs on her chin and above her lip. She is sexually active with 1 male partner and she is taking a combined oral contraceptive (COC) pill. After 1 month of taking the COC, the patient states that she has not seen much improvement in her acne or hirsutism.

1. How would you best counsel or treat the patient?
 - a. Switch to a COC with less androgenic activity
 - b. Continue her current COC
 - c. Switch to spironolactone 100 mg daily
 - d. Add flutamide 250 mg daily
 - e. Start finasteride 5 mg daily

A 27-year-old healthy woman with no medical problems would like to start an oral medication for acne. She has been taking a COC for >4 years and continues to have inflammatory and comedonal acne. After discussion with her dermatologist, she is started on spironolactone.

2. What testing is necessary at her 6-week follow-up appointment?
 - a. Serum potassium
 - b. Complete blood cell count
 - c. Free testosterone and dehydroepiandrosterone-sulfate
 - d. No additional testing is needed
 - e. Basic metabolic panel

A 29-year-old nonsmoking woman presents with acne and terminal hairs along her chin and abdomen. She reports regular menses and serum androgen studies are within normal limits. She reports a history of migraines with auras and admits to excessive alcohol consumption on the weekends. She is not sexually active.

3. What is the ideal therapy for this patient to treat both her acne and hirsutism?
 - a. A COC
 - b. Spironolactone 50 mg daily
 - c. Finasteride 5 mg daily
 - d. Flutamide 250 mg daily
 - e. Dutasteride 2.5 mg daily

A 50-year-old woman presents with worsening hair loss on the vertex of her scalp. Both her mom and older sister have similar patterned hair loss. She has tried minoxidil without any significant improvement. She has a history of low blood pressure and frequent syncopal episodes. She is interested in starting an oral therapy.

4. Which of the following is the best treatment option?
 - a. A COC
 - b. Spironolactone 50 mg twice daily
 - c. Finasteride 5 mg daily
 - d. Flutamide 250 mg daily
 - e. Biotin supplementation