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## CME examination

Identification No. JB0919

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

Nawrocki S, Cha J. J Am Acad Dermatol 2019;81:669-80.

*Directions for questions 1-6: Choose the single best response.*

An 18-year-old woman has been experiencing excessive sweating of the palms of her hands that has been diagnosed as primary focal hyperhidrosis. The patient seeks treatment for this condition because it interferes with her daily activities. She was instructed to apply topical antiperspirant as a first-line treatment.

1. What is the active ingredient most frequently used in topical antiperspirants?
  - a. Alumium zirconium trichlorohydrate
  - b. Astringent medication
  - c. Aluminum chloride hexahydrate
  - d. Atropine sulfate
  - e. Diphenyl methylsulfate
2. Which of the following topical antiperspirant application methods increases the antiperspirant's efficacy?
  - a. Applying the antiperspirant in the morning to dry skin
  - b. Applying the antiperspirant in the morning to moist skin
  - c. Applying the antiperspirant at bedtime to dry skin
  - d. Applying the antiperspirant at bedtime to moist skin
  - e. Applying the antiperspirant in the morning after taking a shower
3. Which of the following theories pertain to the mechanism of action of iontophoresis?
  - a. Causes a hyperkeratotic plug
  - b. Raises the pH level
  - c. Blocks parasympathetic nerve transmission
  - d. Causes an electrochemical gradient for sweat secretion
  - e. Destroys sweat glands
4. Which of the botulinum toxin serotypes is frequently used for hyperhidrosis therapy?
  - a. BTX E and F
  - b. BTX G and H
  - c. BTX A and B
  - d. BTX C and D
  - e. BTX I and J
5. Which of the following botulinum toxins has been approved by the US Food and Drug Administration for the treatment of severe primary axillary hyperhidrosis?
  - a. Onabotulinum
  - b. Incobotulinum
  - c. Abobotulinum
  - d. Prabotulinum
  - e. Rimabotulinum
6. The ideal hyperhidrotic candidate for endoscopic thoracic sympathectomy presents with which of the following?
  - a. Night sweating
  - b. Bradycardia
  - c. Body mass index above 28 kg/m<sup>2</sup>
  - d. Onset of hyperhidrosis at 40 years of age
  - e. Relatively healthy patient