

continuing education quiz: patient counseling  
**Natural Products: Vitamins B-3, B-5, and B-6**

- In addition to utilizing preformed niacin, humans can also metabolize niacin from:
  - acetylcholine.
  - d-pantothenic acid.
  - l-tryptophan.
  - serotonin.
- The term *pellegra* was derived from the Italian words *pella* *agra* which denotes:
  - beautiful lady.
  - good earth.
  - hair loss.
  - rough or irritated skin.
- Pellegra* is characterized by all of the following EXCEPT:
  - diabetes.
  - dementia.
  - dermatitis.
  - diarrhea.
- The National Cholesterol Education Program recommends niacin as a *second-line* drug for treating hyperlipidemia because it:
  - is less effective than HMG-CoA reductase inhibitors.
  - causes a much higher incidence of annoying adverse effects.
  - results in higher tolerance than HMG-CoA reductase inhibitors.
  - increases the rate of synthesis of LDL-C and VLDL-C.
- Most patients taking the doses of nicotinic acid used in treating hyperlipidemia reportedly will experience:
  - constipation.
  - flushing.
  - migraine.
  - vertigo.
- The action of Vitamin B-5 within the body mostly depends on its conjugated nucleotide form:
  - coenzyme CoA.
  - coenzyme cytochrome P450.
  - coenzyme pyridoxal 5-phosphate.
  - coenzyme Q-10.
- In addition to its use as a dietary supplement, pantothenic acid is also claimed to be useful in treating all of the following conditions EXCEPT:
  - alopecia.
  - burning feet syndrome.
  - carpal tunnel syndrome.
  - hyperlipidemia.
- Vitamin B-6 is involved in the synthesis of all of the following EXCEPT:
  - acetylcholine.
  - dopamine.
  - gamma-aminobutyric acid.
  - serotonin.
- Vitamin B-6 is given to patients receiving which of the following to prevent peripheral neuropathy?
  - Aminoglycosides
  - Ciprofloxacin
  - Isoniazid
  - Sulfonamides
- The typical daily dose for vitamin B-6 when used to prevent peripheral neuropathy is:
  - 0.1 to 0.5mg.
  - 1 to 5mg.
  - 10 to 50mg.
  - 100 to 500mg.

 **Return for Educational Credit**

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**August 2004 ACPE NO. 129-047-04-006-H01**



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**COURSE EVAL ANSWER SHEET**

<b>Evaluation Must Be Completed</b>	1. a b c d
	2. a b c d
How much time did this lesson	3. a b c d
_____	4. a b c d
	5. a b c d
	6. a b c d
Today's Date	7. a b c d
_____	8. a b c d
	9. a b c d
	10. a b c d

**EXPIRATION DATE: 6-**

Learning objectives on first page were addressed.

1 Disagree - 5 Agree

Objective 1	1 2 3 4 5
Objective 2	1 2 3 4 5
Objective 3	1 2 3 4 5
Objective 4	1 2 3 4 5

Material was well organized and clear.	1 2 3 4 5
Content sufficiently covered the topic.	1 2 3 4 5
Material was non-commercial in nature.	1 2 3 4 5