

CME Program

Learning Objectives:

- ✓ Recall whether and how, in this study of firefighters exposed to pulmonary toxicants, the rate of decline in one-second forced expiratory volume (FEV₁) is related to factors such as age, gender, race/ethnicity, smoking, and baseline FEV₁.
- ✓ Describe the relationship, if any, between the rate of decline in FEV₁ over time and genotypes for five single nucleotide polymorphisms in the gene for interleukin-10, a regulatory cytokine that suppresses pro-inflammatory mediators.
- ✓ Explain the possible implications of these findings for the accelerated loss of lung function observed in some – but not all – firefighters.

Credits

The American College of Occupational and Environmental Medicine (ACOEM) is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

ACOEM designates this educational activity for a maximum of one (1) hour category 1 credits toward the AMA Physician's Recognition Award. Each physician should claim only those credits that he/she actually spent in the activity.

This CME activity is intended for occupational and environmental medicine health professionals with an interest in the diagnosis and management of work-related diseases and conditions.

To earn CME, you must answer at least 70 percent of the questions correctly. Correct answers will be published in a future issue of *JOEM*. You will receive notification of pass/fail within four weeks of receipt of your test.

JOEM, October 2004

CME Article #1

Pages 1013-1022



AMERICAN COLLEGE OF
OCCUPATIONAL AND
ENVIRONMENTAL MEDICINE

**CONTINUING
MEDICAL
EDUCATION**

October 2004 (submission deadline December 15, 2004)

Longitudinal Decline in Lung Function: Evaluation of Interleukin-10 Genetic Polymorphisms in Firefighters Burgess, et al.

CME Questions

- 1** Whereas the expected rate of decline in 1-second forced expiratory volume (FEV₁) is 20 to 30 ml per year, a rate of 60 ml per year or more was documented in approximately _____ of firefighters in this study.
 - a) 10 percent
 - b) one-fourth
 - c) one-half
 - d) two-thirds
- 2** In addition to advancing age, a greater rate of decline in FEV₁ over time was predicted by
 - a) gender.
 - b) race/ethnicity.
 - c) past or current smoking.
 - d) a higher baseline FEV₁.
- 3** In firefighters monitored annually for 12 years, the rate of decline in FEV₁ in the first 6 years ____ predict the rate of loss of lung function in the following 6 years.
 - a) did
 - b) did not
- 4** For _____ of five interleukin-10 (IL-10) single nucleotide polymorphisms (SNPs) subjected to genotyping there was a significant difference between genotypes in the rate of decline in FEV₁.
 - a) one
 - b) three
 - c) all five
- 5** The association noted in this study of firefighters between IL-10 SNP genotypes and the rate of decline in lung function suggests an important role for _____ in determining how rapidly lung function will be lost.
 - a) genetic susceptibility
 - b) inflammation
 - c) both genetic susceptibility and inflammation

ACOEM Continuing Medical Education in JOEM

EXAMINATION ANSWERS

CME Article #1 – October 2004
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Longitudinal Decline in Lung Function: Evaluation of Interleukin-10 Genetic Polymorphisms in Firefighters – Burgess, et al

CME questions are on the previous page.

Question 1

A B C D

Question 2

A B C D

Question 3

A B

Question 4

A B C

Question 5

A B C

EXAMINATION EVALUATION

1. Were the stated program objectives successfully met?

Yes No

Partially (please explain) _____

2. Were the selected article and related questions relevant to your practice?

Yes

No (please explain) _____

3. Do you anticipate that your participation in this program will result in any change in your practice of occupational and environmental medicine?

Yes

No (please explain) _____

I certify my actual hours spent to complete this activity to be _____ hours.

Signature _____ Date _____

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