

CME Exam and Evaluation

(1 CME credit)

To receive CME credits, read the CME article in this issue, indicate the correct responses and complete the requested information below. The form is also available in electronic format at www.erj.ersjournals.com/current.shtml. To return the form, you can either:

- use this form and return it completed to ERSJ Ltd, 442 Glossop Road, Sheffield, S10 2PX, UK.
- save the electronic form as a Word document and send it by e-mail to info@ersj.org.uk

Certificates will be emailed to the address filled in below. Please allow 4 weeks for processing.

1. Applicant personal details.

ERS Membership No. (if known): Date of Birth (DD/MM/YYYY):

Family Name: First Name:

Mailing Address:

Postal Code: City: Country:

Telephone: + Fax: +

E-mail:

2. Educational questions. Answer by marking the correct answer.

1. Which of the following statements is true?

The worldwide number of smokers is expected to have decreased by 2025. In contrast to other common smoking-related diseases, such as cardiovascular disease and cancer, chronic respiratory diseases are the only causes of death that are still increasing. Smoking cessation is only effective in reversing the adverse effects of smoking when it is achieved soon after smoking initiation. The majority of smokers are not motivated to quit smoking.

2. What is the current success rate for (pharmacological) smoking cessation treatments?

5-15%. 15-30%. 30-45%. 45-60%.

3. Which part of the variation in smoking cessation success can be explained by genetic factors?

~10%. ~25%. ~50%. ~75%.

4. Which of the following statements is not true?

Individuals with a high nicotine metabolism are more likely to continue smoking and to become addicted to smoking. Genetic variants in the mesolimbic dopamine system, involved in the rewarding effects of smoking, influence smoking behaviour. Lower serotonin reuptake has been associated with several behavioural traits that are related to various aspects of smoking behaviour. No evidence for an association with tobacco dependence and smoking status for variants in the nicotinic receptor subunits has been found.

5. Which of the following statements is true?

Bupropion seems to be less effective in smokers with an increased bupropion metabolism. Nicotine replacement therapy seems to be more effective in smokers with increased dopamine levels. Smokers with a higher nicotine metabolism have increased quit rates with transdermal nicotine patches. Bupropion seems to be more effective in smokers with reduced dopamine levels.