



IDCP 2023 Final Exam

Module 1: Fundamentals

1) Which of the following medications is associated with SIBO?

- A. Hydrochlorothiazide
- B. Acetaminophen
- C. Pantoprazole
- D. Atenolol

2) Which of the following doshas are imbalanced in relation to atopic dermatitis?

- A. Vata and Kapha
- B. Vata and Pitta
- C. Pitta and Kapha
- D. Kapha

3) Erythema is a reflection of which pathogenic influence in Traditional Chinese Medicine?

- A. Heat
- B. Wind
- C. Cold
- D. Damp

4) Which of the following has been shown to be superior to placebo for the itch of adults in palliative care?

- A. Jazzercise activities in the palliative community
- B. Topical naltrexone 1% in a lipocream base
- C. Quercetin otic gel applied three times daily
- D. Systemic gabapentin

- 5) Meditation has been shown to:
- A. Increase the rate of clearance in patients with psoriasis undergoing phototherapy
 - B. Increase the BSA involvement in patients with psoriasis undergoing phototherapy
 - C. Decrease relaxation in patients with psoriasis undergoing phototherapy
 - D. Increase need for topical medications in patients with psoriasis undergoing phototherapy

- 6) Which of the following is a contraindication to biofeedback?
- A. Thrombocytopenia
 - B. Severe Depression
 - C. Supraventricular Tachycardia
 - D. Raynaud's Syndrome

Module 2: Herbs and Botanicals

- 7) Which herb can increase metabolism of several medications?
- A. St. Johns Wort
 - B. Valerian
 - C. Ginkgo
 - D. Grapefruit
- 8) Which of the following is most likely to contribute to the heavy metal content in herbs?
- A. Local pollution
 - B. Ethanol extraction
 - C. Water extraction
 - D. Hardness of water
- 9) The Dietary Supplement Health and Education Act states which of the following?
- A. Herbs are considered cosmetics
 - B. Botanical supplements are considered dietary supplements
 - C. Herbs should be dispensed through pharmacies
 - D. Herbs can only be studied with an investigational new drug application
- 10) Which of the following is a true statement?
- A. Organic teas have less heavy metal content than non-organic teas
 - B. Teas left to steep longer will have more heavy metal extracted into the water portion of the tea
 - C. The storage conditions do not affect the final composition of the herbs
 - D. Mercury tends to be high in herbal supplements

11) Which of the following post-digestive effects is considered tonifying in Ayurvedic medicine?

- A. Sour
- B. Pungent
- C. Bitter
- D. Sweet

Module 3: Nutrition

12) Which of the following tastes aggravates the kapha dosha and weight gain from an Ayurvedic perspective?

- A. Astringent
- B. Salty
- C. Sour
- D. Pungent

13) Which of the following foods has been associated with worsened acne?

- A. Watermelons
- B. Fried foods
- C. Bananas
- D. Soy

Module 4: Mind-Body Mindfulness

14) What is the Yoga sign?

- A. Hands in prayer
- B. Hyperpigmented plaques on the outer ankles and fifth toe
- C. Hyperpigmentation on the buttock
- D. Enlarged facial veins

15) Which of the following is an adaptogenic herb?

- A. Ginger (*Zingiber officinale*)
- B. Yarrow (*Achillea millefolium*)
- C. Licorice (*Glycyrrhiza glabra*)
- D. Witch hazel (*Hamamelis virginiana*)

Module 5: Microbiome

16) Which of the following sites has the largest bacterial microbiome?

- A. GI tract
- B. Airways
- C. Urogenital system
- D. Eye

Module 6: Energy Medicine

17) Healing Touch techniques include:

- A. Pain drain
- B. Rooting
- C. Swaying leaves
- D. Energy beam

Module 7: Pain and Itch

18) Addressing anxiety has been consistently shown to:

- A. Decrease itch
- B. Increase itch
- C. Decrease appetite
- D. Increase appetite

Module 8: Ingredients and Customized Medications

19) The outbreak of which disease led to increased regulations for compounding in 2012?

- A. Sarcoidosis
- B. Onychomycosis
- C. Pulmonary Embolism
- D. Hemorrhagic Fever
- E. Fungal Meningitis

Module 9: Integrating Pharmaceuticals with Herbs and Supplements

20) Which herb is known to decrease blood sugar?

- A. Ginkgo
- B. Cinnamon
- C. Melatonin
- D. Niacin

Module 10/11: Atopic Dermatitis

21) Which of the following best describes the effects of using tacrolimus twice weekly as "proactive" therapy?

- A. It significantly increased the rate of skin infection.
- B. It significantly decreased the rate of tinea corporis infection.

- A. It significantly decreased the number of exacerbations of atopic dermatitis.
- B. It significantly increased bathing frequency and use of dilute bleach baths.

22) Coconut oil has been demonstrated to have which of the following properties?

- A. Emollient properties
- B. Anti-microbial properties
- C. Both A + B
- D. None of the above

Module 12: Atopic Dermatitis

23) Which food has been associated with a flare in a child with severe atopic dermatitis?

- A. Nightshades
- B. Wheat
- C. Pears
- D. Coconut

Module 13/14: Acne

24) Which of the following supplements may reduce the presence of comedones?

- A. Omega-3 fatty acids
- B. L-carnitine
- C. Whey protein
- D. L-histidine

Module 15: HS

25) Obesity can contribute to HS due to:

- A. Increased inflammation
- B. Increased friction
- C. Increased androgens
- D. All of the above

26) Copper supplementation should be considered when taking which of the following zinc supplementation doses?

- A. >30mg zinc sulfate
- B. >30mg zinc gluconate
- C. >30mg elemental zinc
- D. >30mg zinc picolinate

Module 16: Psoriasis

27) Which of the following is helpful in both keeping the skin soft and allowing for better penetration of topical medications in psoriasis?

- A. Urea
- B. Ceramide based moisturizer
- C. Tar
- D. Honey

28) In one cross-sectional study, closer adherence to a Mediterranean diet was associated with:

- A. Lower severity of psoriasis
- B. Higher severity of psoriasis
- C. No relationship to severity of psoriasis was noted
- D. Higher risk of psoriatic arthritis

Module 17: Psoriasis Botanicals and Supplements

29) Which of the following supplements has been shown to reduce psoriasis severity when used along with UVB treatments?

- A. N-acetylcysteine
- B. L-Histidine
- C. Sunflower Oil
- D. Fish Oil

Module 18: Rosacea

30) In people with rosacea, topical golden chamomile has been shown to:

- A. Improve papule and pustules
- B. Improve rhinophyma
- C. Improve erythema
- D. Improve ocular symptoms

Module 19: Rosacea

31) Sub-antimicrobial dose doxycycline has been shown to do which of the following in rosacea?

- A. Avoid antibiotic selection pressure
- B. Maintain its anti-inflammatory effect
- C. Avoid altering antibiograms sensitivities usually seen in commonly used antibiotics
- D. All of the above

32) In general, which of the following is true for rosacea patients compared to controls?

- A. They have less microbial diversity in the stool
- B. They have more microbiota diversity in the stool
- C. They have more Firmicutes in the stool
- D. They have more C. acnes bacteria in the stool

33) Food containing which of the following should be avoided by people with rosacea?

- A. Cinnamaldehyde
- B. Capsaicin
- C. Both
- D. Neither

34) Which of the following is a plant based mast cell stabilizer?

- A. Quercetin
- B. Quinine
- C. Rutin
- D. Rutoside

35) It is important to screen for this GI condition in those with rosacea:

- A. Celiac Disease
- B. Small Intestinal Bacterial Overgrowth
- C. Crohn's Disease
- D. Ulcerative Colitis

36) Which of the following physical activities can flare rosacea?

- A. Chi gong
- B. Tai Chi
- C. Functional yoga
- D. Hot yoga

Module 20: Vitiligo

37) Autoimmune diseases associated with vitiligo include:

- A. Thyroid disease
- B. Systemic Lupus
- C. Inflammatory Bowel Disease
- D. All of the above

38) True or false: Generalized vitiligo is often symmetrical.

- A. True
- B. False

39) Which of the following is FDA approved for localized vitiligo on the face or neck?

- A. Systemic corticosteroids (e.g., mini-pulse therapy)
- B. Topical ruxolitinib
- C. Topical methotrexate 1% gel
- D. Topical calcineurin inhibitors
- E. Topical dapsone bid every other week

Module 21: Autoimmune, Autoinflammatory, and Pediatrics

40) True or False: A large number of patients are incorrectly diagnosed with cellulitis, resulting in wasted money, resources, and poor health outcomes.

- A. True
- B. False

41) Disinfecting the skin with an alcohol-based antiseptic has what characteristics?

- A. Slow to act but long-lasting activity
- B. Fast to act and long-lasting activity
- C. Fast to act but little persistent activity
- D. Slow to act and little persistent activity

42) The Standard American Diet has been found to increase risk of autoimmunity via:

- A. Increased levels of estrogen
- B. Decreased levels of estrogen
- C. Increased levels of leptin
- D. Decreased levels of leptin

Module 22/ 23: Update on Pathophysiology of Hair Health

43) The stages of the hair growth cycle starting with the active growth phase are ordered as follows:

- A. Exogen, Catagen, Anagen, Telogen,
- B. Anagen, Telogen, Exogen, Catagen
- C. Telogen, Exogen, Catagen, Anagen
- D. Anagen, Catagen, Telogen, Exogen

44) Genetic patterned hair loss is characterized by:

- A. Gradual non scarring hair loss
- B. Shortened anagen phase
- C. Miniaturization of hair follicles
- D. All of the above

45) Which supplement has been shown to decrease cortisol levels?

- A. Vitamin D
- B. Ashwagandha
- C. Echinacea
- D. Melatonin

46) Which of the following autoimmune conditions is most commonly associated with alopecia areata?

- A. Sjogren's syndrome
- B. Atopic dermatitis
- C. Hypothyroidism
- D. Vitiligo

47) Holy Basil - also known as Tulsi - has been shown to improve:

- A. Bipolar disease
- B. Skin picking disorder
- C. Generalized anxiety
- D. PTSD

48) One of the downsides of the JAK inhibitors for use in alopecia areata is:

- A. Effects only last as long as the medication is taken
- B. It can worsen alopecia areata in some people
- C. Psoriasiform dermatitis is a potential side effect
- D. Injection site reactions are likely in people taking this medication

49) Central Centrifugal Cicatricial Alopecia can occur in men.

- A. True
- B. False

50) Which of the following factors is known to exacerbate Discoid Lupus?

- A. UV radiation
- B. Smoking
- C. Trauma
- D. All of the above

51) Which of the following is a mucilaginous herb that may be helpful for optimizing gut health?

- A. Peppermint
- B. Marshmallow root
- C. Fennel
- D. Rishi mushroom

Module 24: Hair Health

52) Which of the following is a toxicity of iron excess?

- A. Immune dysfunction
- B. Memory difficulties
- C. Abdominal pain
- D. Increased intracranial pressure

53) True or false: In protein-energy malnutrition, hair changes are common.

- A. True
- B. False

Module 25: Wrinkles and Collagen Breakdown

54) "Sun addiction" appears to be mediated through which of the following pathways?

- A. Serotonin system
- B. Dopamine system
- C. Endogenous opioid system
- D. Autonomic nervous system

55) True or False: Most changes associated with an aged appearance are due to photoaging rather than chronological aging.

- A. True
- B. False

56) True or False: Cigarette smoking contributes to the damage of chronic sun exposure?

- A. True
- B. False

57) Which of the following is a component of poikiloderma of Civatte?

- A. Lichenification
- B. Hyperpigmentation
- C. Papulation
- D. Striae rubra distensae
- E. Purpura

58) Which of the following has been shown to be an important risk factor for cutaneous melanoma?

- A. Skin phototypes IV-VI
- B. Chronic low level sun exposure to the hands and feet
- C. Vitamin D supplementation
- D. Intermittent sun exposure/sunburns

Module 26/27: Nail Health

59) Which of the following is a part of nail care for optimizing nail health?

- A. Trim and file nails
- B. Hydrate nails
- C. Minimize chemical exposures
- D. All of the above

60) Melanocytes in the nail matrix are typically:

- A. Similar in density to normal skin
- B. Lower in density compared to normal skin

Module 28: Melasma

61) Which of the following cells has been associated with melasma?

- A. Neutrophils
- B. Mast cells
- C. B-cells
- D. Langerhans cells

Module 29: Sun Protection

62) Which of the following carotenoids has been shown to improve photoprotection with oral supplementation in an Asian population?

- A. Alpha carotene
- B. Astaxanthin
- C. Zeaxanthin
- D. Lutein