

## Lesson 4 Quiz

Keep track of your answers by clicking the bubbles next to your choice. At the end of the quiz, you will find an answer key so you can see how you did. Good luck!

1. What is the definition of evidence-based AS treatments?
  - a) Evidence-based treatments are those based on evidence collected by your rheumatologist**
  - b) Evidence-based treatments are those ethically researched through clinical trials or health research studies involving large numbers of AS patients**
  - c) Evidence-based treatments are created by scientists in research labs**
  - d) Evidence-based treatments originate from folklore**
  
2. What do non-steroidal anti-inflammatory medications and other pain relief medications and steroids have in common?
  - a) They are medications that treat AS symptoms**
  - b) They are medications that treat the underlying AS disease process**
  - c) They are medications that can be purchased over the counter**
  - d) They are medications that must be prescribed by a rheumatologist**
  
3. Conventional synthetic DMARDs and biologic DMARDs treat the underlying disease process and symptoms of AS.  
**Yes      No**
  
4. The fear of side effects sometimes keeps patients with AS from taking their medication as prescribed, or at all. Concern over side effects is understandable, but the most important things to know about side effects include:
  - a) Untreated or undertreated AS poses a greater threat to you, your joints and your long term health and well-being than most medication side effects**
  - b) The most common side effects of AS medications are the least serious, and the most serious side effects occur very rarely**
  - c) Most AS medications can be managed by temporarily stopping it, or decreasing the dose and slowly increasing it again to the appropriate dose strength**
  - d) All of the above**

5. What non-medicine treatment is considered a particularly important part of AS treatment?
- a) Dermatology
  - b) Exercise and physical therapy
  - c) Orthodontics
  - d) Cosmetology
6. What is NOT a useful way to monitor the effectiveness of your treatment plan?
- a) Keeping a health and symptoms journal
  - b) Going for regular blood tests to ensure you are not experiencing negative effects from the medication
  - c) Asking those who you live with if they notice any disease patterns
  - d) Taking your temperature every day

## Answer Key

You can check your answers here. Each question is worth one point.  
**Record your score by filling out the box on the bottom right.**

- 1. b) Evidence-based treatments are those ethically...
- 2. a) They are medications that treat AS symptoms
- 3. Yes
- 4. d) All of the above
- 5. b) Exercise and...
- 6. d) Taking your temperature...

Score  
/6