

## For More Questions [Click Here](#)

**1. The most scientific method to identify which triggers may be causing my nasal allergies is to:**

- A. Track the time of year when my symptoms occur
- B. Have an allergist perform a skin test
- C. Have an allergist run a blood test
- D. There is no good way to know what I'm allergic to

Ans: B and/or C

**2. Which is the most effective treatment for nasal allergies?**

- A. Over-the-counter antihistamines
- B. Prescription antihistamines
- C. Antihistamine decongestant combination pills
- D. Nasal corticosteroid sprays
- E. Oral leukotriene receptor antagonists

Ans: D

**4. Which of the following factors can pre-dispose you to having allergies?**

- A. A family history of allergies
- B. Environmental Conditions
- C. Number and type of Exposures
- D. Emotional factors
- E. All of the above

Ans: E

**5. Hypersensitivity of which system of your body creates an allergic response?**

- A. Skin
- B. Immune System
- C. Circulatory System
- D. Pulmonary System
- E. Digestive System

Ans:C

**6. Which of the following treatments can be used to reduce allergic reactions to unavoidable substances?**

- A. Milk thistle three times daily
- B. Mist inhalation therapy
- C. Regularly wearing a face mask
- D. Desensitization (Allergy shots)
- E. Regularly wearing a garlic necklace

Ans:D

**7. Which of the following is the most commonly prescribed treatment for hives?**

- A. Oral antihistamines
- B. Oral corticosteroids such as prednisone
- C. Epinephrine (adrenaline)
- D. Aspirin
- E. Immunotherapy

Ans:A

**8. Which of the following does NOT reduce or delay allergies in children?**

- A. Reducing dust-collecting items
- B. Limiting exposure early in life to indoor furry pets
- C. Avoiding smoking in and around the house
- D. Exclusively wearing cotton clothes
- E. All actions adequately reduce allergies

Ans:D

**9. Which of these body systems causes allergic reactions?**

- A. Lymph
- B. Immune
- C. Nervous
- D. Autonomic
- E. Circulatory

Ans:B

**10. An allergen is anything that triggers an allergic or hypersensitive response. Which of these could be an allergen?**

A. Dust

B. Food

C. Nickel jewelry

D. All of the above

E. None of the above

Ans: B