

# Dietitian CE

## Estrogen's Influence on Rheumatoid Arthritis

1. The decrease of estrogen in menopause coincides with an increased risk of developing RA.

- A. True
  - B. False
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2. RA starts with:

- A. An antibody phase
  - B. An autoimmune phase
  - C. An inflammatory phase
  - D. A fusion phase
- 

3. Autoantibodies such as \_\_\_\_\_ have a diagnostic, predictive, and prognostic role in RA and can be detected in the preclinical phase several years before the onset of symptoms.

- A. Anti-citrullinated peptide antibodies
  - B. Anti-keratin antibodies
  - C. IgM rheumatoid factors
  - D. Anti-nuclear antibodies
- 

4. Which of the following is necessary for the development of arthritis?

- A. B cells
  - B. Autoantibodies
  - C. Fc-gamma receptors
  - D. B cells, autoantibodies, and Fc-gamma receptors are all necessary for the development of arthritis
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5. High sialylation of Asn297 enhances proinflammatory activity.

- A. True
  - B. False
- 

6. During pregnancy, women are protected from RA.

- A. True
  - B. False
- 

7. Estrogen has been shown to decrease galactosylation of human IgG in healthy individuals.

- A. True
  - B. False
- 

8. A deficiency of estrogen, such as in menopause, leads to:

- A. Decreased antibody sialylation and an anti-inflammatory IgG pattern
  - B. Increased antibody sialylation and an anti-inflammatory IgG pattern
  - C. Decreased antibody sialylation and a pro-inflammatory IgG pattern
  - D. Increased antibody sialylation and a pro-inflammatory IgG pattern
- 

9. Which of the following promotes suppression of RA symptoms?

- A. Low-level IgG sialylation
  - B. High-level IgG sialylation
  - C. IgG sialylation does not have an influence on RA symptoms
  - D. It has not yet been determined how IgG sialylation influences RA symptoms
- 

10. In postmenopausal patients with RA, treatment with estrogen increased:

- A. Sialylation of IgG
  - B. Galactosylation of IgG
  - C. Both sialylation and galactosylation of IgG
  - D. Treatment with estrogen decreased sialylation and galactosylation of IgG
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