To β-block or not to β-block?

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1. β-receptors are expressed on the cell membrane as:

☐ **A** Monodimers ☐ **B** Heterodimers ☐ **C** A and B

2. Which statement is true?

☐ **A** Sub-types of β-receptors can bind to each other to create heterodimers
☐ **B** Sub-types of β-receptors cannot bind to membrane receptors of other systems
☐ **C** A and B

3. Which statement is false? In the state of HF:

☐ **A** Adrenal β-receptors increase in number and sensibility
☐ **B** Blocking binding of natural ligands to β-receptors reduces blood pressure and heart rate

4. Sympathetic overdrive can initiate disease, trigger a complication, or even worsen the condition of a patient.

☐ **A** True ☐ **B** False

5. A simple tool to identify patients with sympathetic overdrive is measurement of:

☐ **A** Sympathetic activity ☐ **B** Heart rate ☐ **C** Blood pressure

6. Newly identified cardiovascular risk factors that have been added to the SCORE assessment system include:

☐ **A** Psychosocial stress ☐ **B** Burnout
☐ **C** Social deprivation ☐ **D** Treatment for HIV
☐ **E** All of the above ☐ **F** A and C only

7. The ESC/ESH define hypertension as an office blood pressure threshold of:

☐ **A** 130/80mmHg ☐ **B** 140/90mmHg ☐ **C** 150/90mmHg

8. The ESC/ESH recommend that when treating hypertension, blood pressure should be targeted to:

☐ **A** <120/70mmHg ☐ **B** <130/80mmHg

9. In order to improve the low numbers of patients that reach therapeutic target, ESC/ESH guidelines recommend:

☐ **A** β-blocker at any treatment step if there is an indication for use
☐ **B** Combination dual therapy
☐ **C** A and B

10. For the treatment of hypertension in the patient with CAD, the ESC/ESH recommend a dual combination of β-blocker and:

☐ **A** CCB ☐ **B** Diuretic
☐ **C** RAAS blocker ☐ **D** All of the above
☐ **E** A and C

11. In the hypertensive patient with HFrEF, the ESC/ESH recommend initiating treatment with:

☐ **A** β-blocker + CCB + diuretic
☐ **B** β-blocker + RAAS blocker + diuretic
☐ **C** β-blocker +spironolactone + diuretic

12. A resting heart rate of _____ is associated with increased cardiovascular mortality:

☐ **A** >70bpm ☐ **B** >80bpm

13. Which is the only β-blocker tested in HF that is not able to show reduction in morbidity and mortality?

☐ **A** Nebivolol ☐ **B** Carvedilol
☐ **C** Metoprolol ☐ **D** Bisoprolol

14. Which of the listed β-blockers may give rise to orthostatic hypotension in some patients?

☐ **A** Nebivolol ☐ **B** Carvedilol
☐ **C** Metoprolol ☐ **D** Bisoprolol

15. The β_1-selectivity of bisoprolol results in minimal effects on lung function in patients with stable angina pectoris and chronic obstructive lung disease.

☐ **A** True ☐ **B** False

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